

WELCOME TO THE NEW YEAR!
MENUS FOR
JANUARY 2012

Chesapeake Public Schools — MIDDLE SCHOOL

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

think **outside** the Lunchbox
 Prepay for School Meals Online
MyPaymentsPlus
 Formerly known as MealPayPlus

www.MyPaymentsPlus.com

Breakfast \$1.10
Lunch \$2.00

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

FREE & REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR

Free and reduced applications are accepted throughout the school year. If you feel you are eligible and have not already applied, please submit a 2011-12 application as soon as possible.

Applications can be obtained from the school office or online at the CPS website. **You only need to complete one application per family.**

Applications can be mailed, dropped off at the School Nutrition Office, 1021 Great Bridge Blvd. or be given to the School Nutrition Manager at your student's school. We are sorry but we cannot accept faxed applications.

When the application is processed, notification will be sent to the student's home. Thanks.

AVAILABLE DAILY

Smucker's PB&J Uncrustable
 Grilled Cheese Sandwich on WG Bread
 6 oz. Yogurt Cup w/or w/o Bug Bites Grahams
 Soup of the Day

STUDENTS CAN CHOOSE:

**One entrée +
 Choice of 1 or 2 sides and/or
 Choice of milk**

Choice of milk offered with all complete meals: 1% chocolate, 1% white, 1% strawberry or Skim

Lactose free milk provided upon prearranged request for Breakfast & Lunch

Menu items are subject to change due to availability. *Menu items may contain pork

Tuesday, January 3

Choice of One

Corn Dog Nuggets
 Chicken Vegetable Egg Roll
 Cheeseburger/Hamburger on WW Bun

Choice of Two

Broccoli Spears
 Baby Carrots w/ or w/o Dip
 Chilled Pears
 Fresh Apples

Wed., January 4

Choice of One

Sloppy Joe on WW Bun
 Hot Dog on Bun
 w/ or w/o Chili & Cheese
 Pepperoni Pizza with WG Crust

Choice of Two

Baked Beans
 Tossed Salad
 Chilled Pineapple
 Fresh Grapes

Thursday, January 5

Choice of One

Turkey Chow Mein
 w/ or w/o Brown Rice
 w/ or w/o Homemade WW
 Cinnamon Roll
 Italian Sub
 Chicken Filet on WW Bun

Choice of Two

Sweet Potato Puffs
 Crunchy Veggies
 w/ or w/o Dip
 Chilled Mixed Fruit
 Fresh Kiwi

Friday, January 6

Choice of One

Ocean Treasures
 w/ or w/o Cornbread
 Pepperoni Pizzas
 Cheeseburger on WW Bun
 Hamburger on WW Bun

Choice of Two

Steamed Collards
 Tossed Salad
 Chilled Applesauce
 Fresh Pears

BREAKFAST

Choice of One Entrée:

Whole Grain Cereal w/ Nutri-Grain Bar
 Creamy Yogurt w/Bug Bites

*Sausage Biscuit (Monday only)
 Pillsbury Mini French Toast (Tuesday only)
 Chicken Biscuit (Wednesday only)
 *Pancake & Sausage on a Stick (Thursday only)
 *Breakfast Pizza (Friday only)

Choice of One:

Fresh Fruit, Chilled Canned Fruit or
 Chilled Fruit Juice

Choice of One:

1% White or Skim Milk
 Lactose free milk available upon request.

Monday, January 9

Choice of One

Chicken Fajitas on WG Tortilla
 Philly Steak Stuffer
 Chicken Filet on WW Bun

Choice of Two

Broccoli Spears
 Tossed Salad
 Chilled Peaches
 Fresh Apples

Tuesday, January 10

Choice of One

Oven Baked Chicken
 w/ or w/o Dinner Roll
 Ham & Cheese Wrap on WG Tortilla
 Cheeseburger/ Hamburger on WW Bun

Choice of Two

Mashed Potatoes
 w/ or w/o Gravy
 Baby Carrots w/ or w/o Dip
 Chilled Pears
 Fresh Oranges

Wed., January 11

Choice of One

Pork Dunkers
 w/ or w/o Dinner Roll
 Italian Meatball Sub
 Cheese Pizza on WG Crust

Choice of Two

Steamed Collards
 3 Bean Salad
 Tossed Salad
 Chilled Pineapple
 Fresh Grapes

Thursday, January 12

Choice of One

WG Spaghetti w/Meat Sauce
 w/ or w/o Cheese Roll
 Sloppy Joe on WW Bun
 Chicken Filet on WW Bun

Choice of Two

Whole Kernel Corn
 Crunchy Veggies
 w/ or w/o Dip
 Chilled Mixed Fruit
 Fresh Kiwi

Friday, January 13

Choice of One

Fish Nuggets
 w/ or w/o Macaroni & Cheese
 w/ or w/o Cornbread
 Pork Rib-B-Que on Bun
 Cheeseburger/Hamburger on WW Bun

Choice of Two

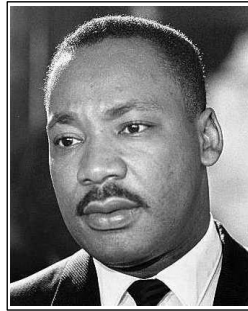
Baked Beans
 Tossed Salad
 Chilled Applesauce
 Fresh Pears



Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

A TASTY MORSEL FOR PARENTS

Monday, January 16



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 17

Choice of One
Hot Wings
w/ or w/o Dinner Roll
Hot Dog on Bun
w/ or w/o Chili & Cheese
Cheeseburger/Hamburger
on WW Bun

Choice of Two
Green Beans
Baby Carrots w/ or w/o Dip
Chilled Pears
Fresh Oranges

Wed., January 18

Choice of One
Stuffed Shells
w/ or w/o WG Texas Toast
Italian Sub
Pepperoni Pizza on WG
Crust

Choice of Two
California Blend Vegetables
Tossed Salad
Chilled Mixed Fruit
Fresh Kiwi

Thursday, January 19

Choice of One
Corn Dog Nuggets
Pork BBQ on Bun
w/ or w/o Cole Slaw
Chicken Filet on WW Bun

Choice of Two
Baked Beans
Crunchy Veggies
w/ or w/o Dip
Chilled Pineapple
Fresh Grapes

Friday, January 20

Choice of One
Chicken & Dumplings
Fish Filet w/ or w/o Cheese
w/ or w/o Cornbread
Cheeseburger/Hamburger
on WW Bun

Choice of Two
Whole Kernel Corn
Tossed Salad
Chilled Applesauce
Fresh Pears

VEGETARIAN CHOICES

Monday
Baked Potato
with Choice of Toppings

Tuesday
Veggie Burger on WW Bun

Wednesday
Veggie Nuggets
w/Dinner Roll

Thursday
Chili Max Wraps

Friday
Fresh Vegetables
on a Whole Wheat Tortilla

The School Lunch Program

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Monday, January 23

Choice of One
Fish Tacos on WG Tortilla
w/ Fixings
Philly Cheese Stuffer
Chicken Filet on WW Bun

Choice of Two
Oven Baked Fries
Tossed Salad
Chilled Peaches
Fresh Apples

Tuesday, January 24

Choice of One
Breaded Baked Chicken
w/ or w/o Dinner Roll
Ham & Cheese Wrap
on WG Tortilla
Cheeseburger/Hamburger
on WW Bun

Choice of Two
Mashed Potatoes
w/ or w/o Gravy
Baby Carrots w/ or w/o Dip
Chilled Pears
Fresh Oranges

Wed., January 25

Choice of One
Lasagna
w/ or w/o WG Texas Toast
Italian Meatball Sub
Cheese Pizza on WG Crust

Choice of Two
Broccoli Spears
Three Bean Salad
Tossed Salad
Chilled Mixed Fruit
Fresh Kiwi

Thursday, January 26

"Early Release Day"

MANAGERS' CHOICE
MENU



Menu will be posted in the school.

Friday, January 27



TEACHER WORK DAY

SCHOOL CLOSED

Check the Internet
www.cps.k12.va.us

Nutrition Information:
"Lunch Menus"
"Nutrition Information"

**Forms for Students
with Special Dietary**

Needs:
"Parents & Students"
"Medical"
"Physician's Statement for
Students with Special
Dietary Needs"

* Items may contain pork.

SALAD CHOICES

Monday
Chef's Salad

Tuesday
Oriental Mandarin
Chicken Salad

Wednesday
Tuna Salad

Thursday
Chicken Caesar Salad

Friday
Chef's Salad

Monday, January 30



TEACHER INSERVICE DAY

SCHOOL CLOSED

Tuesday, January 31

Choice of One
Corn Dog Nuggets
Chicken Vegetable Egg Roll
Cheeseburger/Hamburger
on WW Bun

Choice of Two
Broccoli Spears
Baby Carrots w/ or w/o Dip
Chilled Pears
Fresh Apples



QUESTIONS?

Questions or concerns regarding the School Breakfast or Lunch programs at Chesapeake Schools can be directed to School Nutrition Services, Chesapeake Public Schools at 547-1470.

Menu items are subject to change due to availability

BUS DRIVERS ARE NEEDED
Contact:
CPS Human Resources Dept.
312 Cedar Rd.
Chesapeake



Looking for a job supporting our students as they learn?

Chesapeake Public Schools has openings for School Nutrition Services Assistants in our school cafeterias. For information, contact:

Human Resources Department
Chesapeake Public Schools
312 Cedar Rd.