



Find us on Facebook!
Stanly County Schools Child Nutrition



Menus for January 2012

Stanly County Elementary & Middle Schools

Revised 1/3/12

Milk (1% or Skim) is offered at Breakfast and Lunch in white, chocolate or strawberry.

100% Juice is offered at Breakfast. Pop Tarts, muffins, and cereal are available daily for Breakfast.

Prepayments for meals are welcome. If paying by check, please include your child's name and lunch number. Or try LunchPrePay.com!

Numbers following menu items are calories and carbohydrates (grams) and are approximate. For detailed nutrition information, please visit our website.

What is LunchPrePay.com?
LunchPrePay.com is a convenient way to pay for your child's meals and to keep track of what your children are buying in the cafeteria. You can check your available balance and pay any time of the day or night. No more worrying about misplaced checks or lost cash. Give it a try!

| Monday, January 2 | Tuesday, January 3 | Wednesday, January 4 | Thursday, January 5 | Friday, January 6 |
|--|--|---|---|---|
| Pillsbury Mini Pancakes 200/34 | Breakfast Sausage Pizza 229/24 | Chicken Biscuit 327/34 | Waffles 182/29 | Cinnamon Tastries 250/38 |
| Beef Burrito 318/37 Bosco Sticks 423/57 Steamed Carrots 67/15 Greens 64/8 Applesauce 57/15 Assorted Fresh Fruit Cornbread 151/25 | Mac & Cheese 275/29 Popcorn Chicken 253/17 Vegetarian Beans 141/28 Broccoli Soup 151/14 Diced Peaches 68/18 Assorted Fresh Fruit Whole Wheat Roll 102/18 | Vegetable Beef Soup w/ Grilled Cheese 272/32 Fiestada 340/41 Blackeyed Peas 167/26 Garden Salad 5/1 Frozen Strawberries 122/33 Assorted Fresh Fruit | Chicken Sandwich 313/27 Corn Dog Nuggets 253/28 Mixed Veggies 78/13 Mashed Potatoes 77/15 Gelatin w/Fruit 45/12 Assorted Fresh Fruit | Pepperoni Pizza 321/37 Fish Sandwich 263/29 White Slaw 124/21 Waffle Fries 162/19 Diced Pears 81/20 Assorted Fresh Fruit |
| Monday, January 9 | Tuesday, January 10 | Wednesday, January 11 | Thursday, January 12 | Friday, January 13 |
| Waffles 182/29 | French Toast Sticks 222/31 | Sausage Biscuit 375/24 | Pancakes 158/28 | Pillsbury Mini Cinnis 240/40 |
| Meatloaf 194/11 Chicken Nuggets 237/13 Lima Beans 103/20 Sweet Potato Casserole 297/64 Applesauce 57/15 Assorted Fresh Fruit Whole Wheat Roll 102/18 | Ham & Cheese Casserole 291/32 Chicken Sandwich 313/27 Mashed Potatoes 77/15 Steamed Cabbage 32/5 Pineapple Tidbits 69/16 Assorted Fresh Fruit Whole Wheat Roll 102/18 | Spaghetti w/Meat Sauce 328/41 Rib-B-Que 346/28 Cauliflower w/Cheese 83/13 Pinto Beans 141/26 Apple Crisp 251/43 Assorted Fresh Fruit Whole Wheat Roll 102/18 | Popcorn Chicken 253/17 Hamburger 260/16 Peas & Carrots 80/12 White Slaw 124/21 Frozen Strawberries 122/33 Assorted Fresh Fruit | Pepperoni Pizza 321/37 Corn Dog 210/27 Baked Potato 169/40 Garden Salad 33/7 Diced Pears 81/20 Assorted Fresh Fruit |

Getting a weekly phone call?
Child Nutrition Services is pleased to be able to notify parents when their child's available lunch balance falls below \$5.00. We also call once a week to let parents know when money is owed to the cafeteria.
Calls are made to the number on file with your child's school. If you have questions, please call 704-983-5151 ext. 3048.

Fit Foundations

Baked Oatmeal

Ingredients

- Cooking spray
- 1 tablespoon canola or vegetable oil
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- 2 eggs, egg substitute equivalent to 2 eggs, or 4 egg whites
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup fat-free or 1% milk

Directions

1. In a medium bowl, stir together oil, applesauce, brown sugar and eggs.
2. Add the dry ingredients and milk to the bowl. Mix well.
3. Spray a 13 x 9 inch pan generously with cooking spray.
4. Spoon the oatmeal mixture into the pan.
5. Bake uncovered at 350° F for 30 minutes.

Tip: You can mix this in the evening and refrigerate it overnight. Just pop it into the oven first thing in the morning!



Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
In accordance with Federal law and U.S. Department of Agriculture policy, these institutions are 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 Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800.795.3272 (voice) or 202.720.6382 (TTY). USDA is an equal opportunity provider and employer. 05/11
www.ncdhs.gov • www.nutritionnc.com

Sources: www.nutritionnc.com/ResourcesforSchools, www.mayoclinic.com

Monday, January 16



Martin Luther King, Jr. Day

Tuesday, January 17

Breakfast Sausage Pizza
229/24

Chicken Fajitas 332/35
Bosco Sticks 423/57
Green Peas 126/21
Mashed Potatoes 77/15
Diced Pears 81/20
Assorted Fresh Fruit

Wednesday, January 18

Chicken Biscuit 327/34

Ravioli 251/30
Fiestada 340/41
Vegetarian Beans
141/28
Steamed Cabbage 32/5
Diced Peaches 68/18
Assorted Fresh Fruit
Whole Wheat Roll
102/18

Thursday, January 19

Waffles 182/29

Pepperoni Pizza Wedge
321/38
Potato Rounds 153/19
Assorted Fresh Fruit

Friday, January 20

Professional Day
No School

Monday, January 23

Professional Day
No School

Tuesday, January 24

French Toast Sticks
222/31

Country Style Steak w/
Rice & Gravy 237/19
Hamburger 260/16
Steamed Cabbage 32/5
Pinto Beans 141/26
Diced Peaches 68/18
Assorted Fresh Fruit
Whole Wheat Roll
102/18

Wednesday, January 25

Egg & Cheese Biscuit
333/27

Chicken Parmesan
437/39
Corn Dog 210/27
Baked Potato 169/40
Garden Salad 5/1
Cherry Crisp 344/62
Assorted Fresh Fruit

Thursday, January 26

Pancakes 158/28

Mac & Cheese 275/29
Rib-B-Que 346/28
Green Peas 126/21
Baked Beans 191/42
Applesauce 57/15
Assorted Fresh Fruit
Whole Wheat Roll
102/18

Friday, January 27

Pillsbury Apple Frudel
210/36

Pepperoni Pizza Wedge
321/38
Chicken Nuggets 237/13
Corn 109/24
Green Beans 24/5
Tropical Fruit Cocktail
93/22
Assorted Fresh Fruit

Monday, January 30

Pillsbury Mini Pancakes
200/34

Beef Burrito 318/37
Bosco Sticks 423/57
Steamed Carrots 67/15
Lima Beans 103/20
Applesauce 57/15
Assorted Fresh Fruit
Whole Wheat Roll
102/18

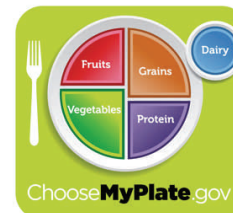
Tuesday, January 31

Breakfast Sausage Pizza
229/24

Ravioli 251/30
Fiestada 340/41
Vegetarian Beans
141/28
Steamed Cabbage 32/5
Diced Pears 81/20
Assorted Fresh Fruit
Whole Wheat Roll
102/18

January

- Family Fit Lifestyle Month
- Oatmeal Month
- Soup Month



Important Note on Medical Conditions

Calorie and carbohydrate information is approximate and should not be used for menu planning for a child with a medical condition or food allergy. Ingredients are subject to change without notice. Please consult a medical professional for assistance in planning for or treating a medical condition.