



Herov Pond & Jacques Memorial Elementary Schools
This letterbox is an equal opportunity provider and employer.

Miss the bag? Use it on the weekend!

The rest of the week, we've got you covered, with tasty, nutritious meals that are here for your kids every school day. With the cost of feeding a family these days, our meals are a bigger bargain than ever. Convenient, economical, healthy School Meals. You can brown bag it on the weekends -- we won't tell!



Breakfast **\$1.35** Lunch **\$2.75**

Get in touch with us today to learn more about free and reduced-price meals in our district!
603-673-4201 x 3308 Cathy Casali

GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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

Thursday, January 2

Breakfast
WW & Reduced Sugar Cereal
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
WW Pan Cakes
Oven Baked Ham
Fresh Cut Season

Friday, January 3

Breakfast
Scooby Doo!
Baked Cinnamon Grahams
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
Dominos Cheese Pizza
Whole Grain

Thursday, January 9

Breakfast
WW Bagel
Banana & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage
Cream Cheese Sunbutter or Jelly

Lunch
Chicken Patty on a
WW Bun
Broccoli

Friday, January 10

Breakfast
Scooby Doo!
Baked Cinnamon Grahams
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
Dominos Cheese Pizza
Whole Grain
Smart Slice Celery

Wednesday, January

Breakfast
WW & Reduced Sugar Cereal
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
WW Waffles
Oven Baked Ham
Fresh Cut Sweet Potatoes Fries

Tuesday, January 7

Breakfast
WW Bagel
Banana & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage
Cream Cheese Sunbutter or Jelly

Lunch
Dino Nuggets
WW Wrap
3 Bean Salad
Peaches

Monday, January 6

Breakfast
WW & Reduced Sugar Cereal
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
Asian Teriyaki Dippers
WW Spaghetti Noodles Bowl

Thursday, January 16

Breakfast
WW Bagel
Banana & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage
Cream Cheese Sunbutter or Jelly

Lunch
Turkey Hot Dog
WW Bun
Fresh Cut Carrots Stix

Friday, January 17

Breakfast
Scooby Doo!
Baked Cinnamon Grahams
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
Dominos Cheese Pizza
Whole Grain
Smart Slice

Wednesday, January

Breakfast
WW & Reduced Sugar Cereal
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
WW Pan Cakes
Scramble Eggs
Fresh Cut Season Potatoes Fries

Tuesday, January 14

Breakfast
WW Bagel
Banana & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage
Cream Cheese Sunbutter or Jelly

Lunch
Chicken Nuggets
Macaroni Salad
Cucumber
Wheels

Monday, January 13

Breakfast
WW & Reduced Sugar Cereal
100% Juice & Milk
Choice of Gogurt, Cheese Stick, or Turkey Sausage

Lunch
Hamburger
or Cheese Burger
WW Bun
3 Bean Salad

Available

Sandwiches Available

Monday-Thursday

Ham, Ham & Cheese, Turkey, Turkey & Cheese, Tuna, Grilled Cheese, & Sunbutter & Jelly

Friday Sandwich

Grilled Cheese Only

Salad Bar in A Basket

(Romaine Lettuce, Spinach, Iceberg, Diced Cucumbers,

Tomatoes, Carrots, Choice of Protein,

WW Pasta Salad or WW Bun

Fruit & Milk Included

THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.



MARTIN LUTHER KING JR.

Monday, January 20

MILK Day

No School Today

Teachers Workshop



Monday, January 27

Breakfast

WW & Reduced

Sugar Cereal

100% Juice & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Lunch

Hamburger

or Cheese Burger

WW Bun

Con on the Cob

Tuesday, January 28

Breakfast

WW Bagel

Banana & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Cream Cheese

Sunbutter or Jelly

Lunch

Chicken Nuggets

Macaroni Salad

3 Bean Salad

Sliced Peaches

Wednesday, January

Breakfast

WW & Reduced

Sugar Cereal

100% Juice & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Lunch

WW Pan Cakes

Scramble Eggs

Fresh Cut Season

Potatoes Fries

Thursday, January 23

Breakfast

WW Bagel

Banana & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Cream Cheese

Sunbutter or Jelly

Lunch

Turkey Hot Dog

WW Bun

Spaghetti Carrots

Apples Sauce

Friday, January 24

Breakfast

Scoby Doo!

Baked Cinnamon

Grahams

100% Juice & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Lunch

Dominos Cheese

Pizza

Whole Grain

Smart Slice

Wednesday, January

Breakfast

WW & Reduced

Sugar Cereal

100% Juice & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Lunch

WW Maple Mini

Waffles

Turkey Sausage

Patty

Thursday, January 30

Breakfast

WW Bagel

Banana & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Cream Cheese

Sunbutter or Jelly

Lunch

Asian Teriyaki

Dippers

WW Pretzel

Fresh Broccoli

Friday, January 31

Breakfast

Scoby Doo!

Baked Cinnamon

Grahams

100% Juice & Milk

Choice of Gogurt,

Cheese Stick, or

Turkey Sausage

Lunch

Dominos Cheese

Pizza

Whole Grain

Smart Slice Celery

NUTRITION *WAGO*

Not too many decades ago, Chinese food was an exotic cuisine in most parts of America. Today, we spend over \$15 billion a year at more than 40,000 Chinese restaurants in the U.S. About half of the Chinese-born people who live in America have owned, operated, or worked in a Chinese restaurant at some point in their time here.

A TASTY MORSEL FOR PARENTS

馬 YEAR OF THE HORSE

The Chinese New Year begins with the new moon on January 31st. 2014 is the year of the Horse.

