

# TAOS CHARTER SCHOOL

January 2012



## MENU

<p><b>January 9, 2012</b></p> <p><b>Breakfast</b> Breakfast Burrito Chilled Fruit</p> <p><b>Lunch</b> <b>HAMBURGERS</b> on Whole Wheat Roll</p> <p>Green Salad or Baked French Fries</p> <p><b>After School Program</b> Peanut Butter Crackers &amp; Fruit</p>	<p><b>January 10, 2012</b></p> <p><b>Breakfast</b> Peanut Butter &amp; Jelly Juice</p> <p><b>Lunch</b> <b>MANDARIN ORANGE CHICKEN</b> <b>Asian Noodles</b> Oriental Vegetables or Fruit</p> <p><b>NEW ITEM</b></p> <p><b>After School Program</b> Yogurt Cup &amp; Carrot Sticks</p>	<p><b>January 11, 2012</b></p> <p><b>Breakfast</b> Cinnamon Glazed French Toast Chilled Fruit</p> <p><b>Lunch</b> <b>MEXICAN BEEFY MACARONI</b> Mixed Vegetables or Fruit or Salad</p> <p><b>After School Program</b> Cheese Stk. &amp; Whole Grain Wheat Crackers</p>	<p><b>January 12, 2012</b></p> <p><b>Breakfast</b> Yogurt &amp; Whole Grain Cereal Chilled Fruit</p> <p><b>Lunch</b> <b>TASTY CHICKEN TENDERS</b> *Seasoned Rosemary Golden Potatoes (locally grown)</p> <p><b>NEW ITEM</b></p> <p><b>After School Program</b> Celery Sticks and Peanut Butter Cup</p>	<p><b>January 13, 2012</b></p> <p><b>Breakfast</b> Muffin Square Chilled Fruit</p> <p><b>Lunch</b> <b>DOMINO'S PIZZA</b> Salad OR Juice</p> <p><b>After School Program</b> Cold Pizza &amp; Veggie Sticks</p>
<p><b>January 16, 2012</b></p> <p><b>No School</b></p>	<p><b>January 17, 2012</b></p> <p><b>Breakfast</b> UBR Granola Bar Juice</p> <p><b>Lunch</b> <b>CHILE LIME FISH</b> Fried Rice Green Beans</p> <p><b>NEW RECIPE ITEM</b></p> <p><b>After School Program</b> Bagel &amp; PB cup &amp; Fruit</p>	<p><b>January 18, 2012</b></p> <p><b>Breakfast</b> Breakfast Burrito Chilled Fruit</p> <p><b>Lunch</b> <b>HAMBURGER OR CHEESEBURGER</b> Baked Fries or Fruit or Salad (Green chile upon request)</p> <p><b>After School Program</b> Goldfish &amp; Carrots</p>	<p><b>January 19, 2012</b></p> <p><b>Breakfast</b> Muffin Square with Cheese Stick Juice</p> <p><b>Lunch</b> <b>TURKEY SANDWICH</b> on Whole Grain Roll <b>Southwest Lentil Soup</b></p> <p><b>NEW SOUP ITEM</b></p> <p><b>After School Program</b> Cheese Wedge with Fruit</p>	<p><b>January 20, 2012</b></p> <p><b>Breakfast</b> Cereal with Yogurt Chilled Fruit</p> <p><b>Lunch</b> <b>DOMINO'S PIZZA</b></p> <p>Green Salad or Juice</p> <p><b>After School Program</b> Fruit Yogurt &amp; Veggie Sticks</p>
<p><b>January 23, 2012</b></p> <p><b>Breakfast</b> Breakfast TAC-Go Chilled Fruit</p> <p><b>Lunch</b> <b>MACHO NACHO</b> Chilled Fruit or Salad</p> <p><b>After School Program</b> Pretzels &amp; Veggie Sticks</p>	<p><b>January 24, 2012</b></p> <p><b>Breakfast</b> Cinnamon French Toast Juice</p> <p><b>Lunch</b> <b>BEEF &amp; BEAN BURRITO</b> Baked Fries or Fruit or Salad</p> <p><b>After School Program</b> Peanut Butter Crackers &amp; Veggie Sticks</p>	<p><b>January 25, 2012</b></p> <p><b>Breakfast</b> Breakfast Pizza Chilled Fruit</p> <p><b>Lunch</b> <b>MEAT BALL SUB-SANDWICH</b> Baked Fries or Fruit or Salad</p> <p><b>After School Program</b> Turkey Sandwich &amp; Raisins</p>	<p><b>January 26, 2012</b></p> <p><b>Breakfast</b> Cereal &amp; Cheese Wedge Juice</p> <p><b>Lunch</b> <b>CHICKEN FAJITAS</b> Pinto Beans or Salad or Fruit</p> <p><b>After School Program</b> Apple &amp; Cheese Wedge</p>	<p><b>January 27, 2012</b></p> <p><b>Breakfast</b> Pancake on a Stick Chilled Fruit</p> <p><b>Lunch</b> <b>DOMINO'S PIZZA</b> Salad OR Juice</p> <p><b>After School Program</b> MJM Honey WG Graham Cauliflower &amp; Ranch Dressing</p>
<p><b>January 30, 2012</b></p> <p><b>Breakfast</b> Breakfast Burrito Chilled Fruit</p> <p><b>Lunch</b> <b>SOFT TURKEY TACOS</b> Pinto Beans or Salad or Fruit</p> <p><b>After School Program</b> Peanut Butter Crackers &amp; Fruit</p>	<p><b>January 31, 2012</b></p> <p><b>Breakfast</b> Cereal &amp; Yogurt Juice</p> <p><b>Lunch</b> <b>MANDARIN ORANGE CHICKEN</b> Asian Noodles Oriental Vegetables</p> <p><b>After School Program</b> Yogurt Cup &amp; Carrot Sticks</p>	<p>Choose <b>MyPlate.gov</b></p> <p>The <i>MyPlate</i> Food Guide identifies deal meal proportions for the fruit, vegetable, grains, protein and daily food groups. It is easy to understand and designed so Americans of all ages can use it as a guide for healthy eating.</p>		



Here are a few key suggestions that go along with *MyPlate* guide:

- Make half your plate fruits and vegetables with lots of color
- Switch to fat-free or low-fat (1%) flavored or unflavored milk
- Make at least half of your grains whole grains
- Go lean with protein

Use less salt and choose foods that have lower sodium levels

- Drink water instead of sugary drinks
- Find a balance between food and physical activity
- Enjoy your food, but eat smaller portions
- Avoid oversized portions



Salad Bars at THS and TMS are stocked with a variety of fresh vegetables and fruits, canned fruits and homemade whole wheat rolls. Cold skim chocolate and 1% white milk are available for all students as a milk choice daily.