

Menus for January 2018

**Livingston Parish
Public Schools**



This institution is an equal opportunity provider. Menus are subject to change.

2018
**Make a Resolution
To Save**

Join us
every day for
convenient,
economical,
healthy meals!

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an application,
thanks to the Community Eligibility Program!



*Happy New Year
and Welcome Back!
We hope you enjoyed
your break!*

**Brain
Ticklers**



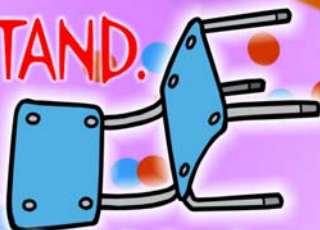
Jimmy's Mom has 4 kids. She named the first Monday, the second Tuesday, and the third Wednesday. What did she name the fourth?

(Hold the page upside down and read it in a mirror for the answer!)

Answer:

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school - and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



**No
School
Today**

Tuesday, January 9

Lunch

BBQ Pork Sandwich
Cajun Fries
Baked Beans
Sliced Peaches
Milk Choice

Wednesday, January 10

Lunch

Chicken Nuggets
Mashed Potatoes
Yeast Roll
Carrot Cup
Ranch Dressing
Fruit Cocktail
Milk Choice

Thursday, January 11

Lunch

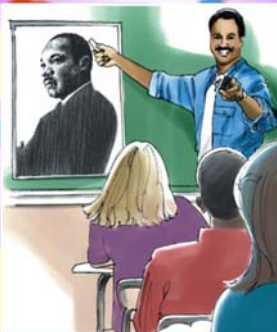
Beefy Nachos
Queso Sauce
Refried Beans
Steamed Corn
Diced Pears
Milk Choice

Friday, January 12

Lunch

Hamburger **OR**
Cheeseburger
Cajun Fries
Relish Cup
Orange Wedges
Milk Choice

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



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Lunch

Pork Chop **OR** Salisbury Steak
Mashed Potatoes
Brown Gravy
Black Eyed Peas
Yeast Roll

Apple Slices
Milk Choice

Wednesday, January 17

Lunch

Red Beans & Rice
Mustard Greens
Sweet Potatoes
Cornbread

Diced Strawberries
Milk Choice

Thursday, January 18

Lunch

Pepperoni Pizza
Steamed Corn
Spinach Salad
Ranch Dressing

Jell-O

Diced Pears
Milk Choice

Friday, January 19

Lunch

Breaded Chicken Sandwich
French Fries
Relish Cup

Diced Pears
Milk Choice

NUTRITION TOGO

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Monday, January 22

Lunch

Chicken & Sausage
Jambalaya
Navy Beans
Carrot Cup
Ranch Dressing
Yeast Roll

Pineapple Tidbits
Milk Choice

Tuesday, January 23

Lunch

Spaghetti & Meat Sauce
Green Beans
Spinach Salad
Ranch Dressing
Break Stick

Diced Pears
Milk Choice

Wednesday, January 24

Lunch

Chicken Tenders
Mashed Potatoes
Brown Gravy
Sweet Peas
Yeast Roll

Apple Slices
Milk Choice

Thursday, January 25

Lunch

Orange Chicken
Vegetable Rice
Broccoli & Cheese

Brownie

Sliced Peaches
Milk Choice

Friday, January 26

Lunch

Chicken Bacon Flatbread
Ranch Dressing
Cajun Fries

Fruit Cocktail
Milk Choice

Monday, January 29

Lunch

Chicken Nuggets
Mashed Potatoes
Brown Gravy
Yeast Roll
Carrot Cup
Ranch Dressing

Rosy Applesauce
Milk Choice

Tuesday, January 30

Lunch

Shrimp Poppers
Mac & Cheese
Yeast Roll
Green Beans
Spinach Salad
Ranch Dressing

Sliced Peaches
Milk Choice

Wednesday, January 31

Lunch

Chicken Fajitas
Refried Beans
Taco Salad Cup
Salsa
Shredded Cheese

Diced Pears
Milk Choice

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?



A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln

Weird SCIENCE

You'll Need:
 ✓ an avocado seed
 ✓ a glass jar
 ✓ 3 toothpicks

Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- 1 Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- 2 Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- 3 When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- 4 Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.

