

HOLY SNACKS MENU.....JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Week 1
9 WELCOME BACK Assorted wraps and sandwiches, soup, salad.	10 Lasagne Casserole w/Caesar salad milk \$5.00	11 Beef Stirfry loaded with veggies milk \$5.00	12 P I Z Z A	13 Homestyle Mac & Cheese w/salad OR w/veggies and milk \$5.00	FOOD FOR THOUGHT..... I'm sure you've heard that adults need 8 glasses of water a day to promote good health.....Water is just as important for children, only they only need 2-4 glasses per day.
16 Soft Lean Tacos w/veggies OR w/fruit and milk \$5.00	17 Grilled Cheese w/Tomato Soup and milk \$5.00	18 Spaghetti w/Meatsauce OR w/Tomatosauce w/Caesar salad and milk \$5.00	19 Chicken Nuggets w/Rice OR w/veggies and milk \$5.00	20 Perogies w/salad OR w/veggies and milk \$5.00	If children and adults don't consume enough fluids per day, they may become dehydrated. Dehydration can cause problems such as headaches and fatigue. Dehydrated children have problems concentrating in the classroom.
23 Homestyle Mac & Cheese w/veggies milk \$5.00	24 Sloppy Joe Burrito w/salad OR w/veggies and milk \$5.00	25 Sheppards Pie w/salad and milk \$5.00	26 P I Z Z A	27 Grilled Cheese w/Tomato Soup and milk \$5.00	Some signs of dehydration include: Irritable behavior; flushed face; dry, warm skin; dark yellow urine; muscle cramps; fatigue; headache; dizziness; and extreme thirst.
30 Stirfry loaded with w/veggies and milk \$5.00	31 Chicken Noodle Bake w/salad milk \$5.00	Feb 1 Hamburger or Hotdog w/salad and milk \$5.00	2 Spaghetti w/Meatsauce OR w/Tomaosauce salad and milk \$5.00	3 Homestyle Mac & Cheese w/veggies and milk \$5.00	The best way to stay hydrated is to drink lots of water. It's the cheapest and most accessible fluid. Ensure your child has a clean water bottle in their bag each day!
Effective in the New Year, Holy Snacks wishes to cut down on waste and will be serving with reuseable dishes and cutlery. Disposable cutlery will NO LONGER be available. Parents, please ensure you've provided cutlery for your child in his or her lunch kit.					PARENTS...HAVE YOU CONSIDERED PURCHASING A HOLY SNACKS MEAL OR SNACK CARD FOR YOUR CHILD?
SIMMERS	Homemade soup prepared daily is available for \$2.00/bowl...combine it with a wrap or salad and milk for \$5.00 Also Available Fresh Steamed Rice Daily \$1.00/Bowl Varieties include...chicken noodle, asian chicken noodle, cauliflower/broccoli, beef barley, beef noodle, tomato, cream of mushroom, pasta fagioli, beef tortellini, chicken tortilla, and the list keeps growing.....				
DELI	Daily Variety of Wraps and/or Sandwiches are available for \$2.50....combine it with soup or salad and milk for \$5.00 Varieties include....veggie, chicken salad, tuna salad, egg salad, ham&cheese,				
SALADS	Salad is available everyday...check daily for featured salad....\$2.00...combine it with a wrap or soup and milk for \$5.00 Salads include....Garden, Chef, Caesar, Southwest, Pasta, Oriental Chicken Salad, Assorted Fruit Salads				
SNACKS Available Daily	Assorted Fruit Cups \$1 – 1.50 Assorted Applesauces \$0.75 Fruit To Go \$0.75 Tortillas w/Salsa \$1.50	Yogurt Parfaits \$1.50 Puddings \$0.75 Veggie Chips \$1.00 Cheese w/Crackers \$1.00	White Milk \$1.00 Baked Goods Chocolate Milk \$1.00 Juice Box \$0.75 Bottled Water \$1.00	Available 2 Times/Week Muffins, Lowfat Cookies Rice Krispie Squares	