

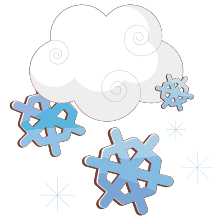
**Quote of the Month  
Contentment**

The greatest wealth is to live content with little."  
*Plato*



St. John School Lunch Menu

**January 2012**



**January Highlights**

- 3 Classes resume
- 12 Prayer Service
- 16 No School
- 20 End of 2nd quarter. Last day for 1st semester lunch tickets.
- Movie Night
- 30 Report Cards sent home

**How to get**

**Vitamin D in the winter**

Spend as much time outdoors as possible.

Don't wear sunscreen for the first 20 minutes outside.

Mackerel, salmon, and egg yolks are the foods with the highest amount of vitamin D. Eat mushrooms.

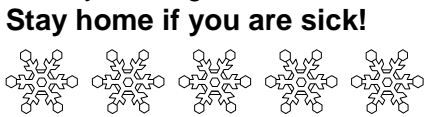
**Keep the flu away this winter.**

Wash your hands.

Keep your hands away from your face.

Eat lots of leafy green vegetables they are full of vitamin D. Eat plenty of kiwis, grapefruit, or oranges. They are full of vitamin C. Always cover your mouth with the crook of your elbow when you cough or sneeze.

**Stay home if you are sick!**



**The largest snowflakes ever recorded fell in the state of Montana in the United States of America. The snowflakes were 15 inches in diameter!**

**The average snowflake falls at a speed of 3.1 miles per hour.**

Lunch Prices

- Student Ala-Carte 1.75
- Student Lunch 2.50
- Adult Ala-Cart 2.00
- Adult Lunch 3.00
- Breakfast 1.25

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

*Happy New Year 2012!*



30 Ravioli w/ Bread Stick Mini Corn Dog Carrots Fruit Milk

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2 NO SCHOOL

3 Taco Wedge Mini Corn Dog Mexican Rice Salad Bar Fruit Milk

4 Chicken Pattie Ravioli w/ Bread Stick Carrots Fruit Milk

5 Sloppy Joe Chicken Nuggets Corn Fruit, Milk Mini Ice Cream Bar

6 Bosco Stix Hot Dog Green Beans Salad Bar Fruit Milk

9 Macaroni & Cheese Chicken Fries Carrots Fruit Milk

10 Chicken Quesadilla Hot Ham & Cheese Corn Fruit, Milk

11 Turkey Pot Pie Grilled Chicken Green Beans Fruit Milk Apple Crisp

12 French Toast w/ Sausage Cheeseburger Oven Potato Assorted Juice Fruit, Milk

13 Taco Bar Chicken Fries Salad Bar Fruit Milk

16 No School

17 Sweet & Sour Chicken Mini Corn Dog Green Beans Fruit, Milk Fortune Cookie

18 Grilled Cheese w/ Soup Cheeseburger Corn Fruit, Milk

19 Nacho Supreme Hot Ham & Cheese Salad Bar Fruit, Milk

20 Meatball Sub Chicken Rings Oven Potato Fruit, Milk *Last day for 1st semester tickets*

23 Chicken Pattie Hot Dog w/ Chips Carrots Fruit Milk

24 Burrito Chicken Nuggets Corn Fruit Milk Muffin

25 Spaghetti w/ Garlic Toast Cheeseburger Green beans Fruit Milk

26 Turkey Deli Grilled chicken Oven Potato Salad Bar Fruit Milk

27 Pepperoni Bosco Stick Chicken Quesadilla Salad Bar Fruit, Milk

31 Ravioli w/ Bread Stick Mini Corn Dog Carrots Fruit Milk

31 BBQ Ribs Cheese Burger Mashed Potato w/Gravy Salad Bar Fruit, Milk

1 Mexican Pizza Hot Ham & Cheese Corn Salad Bar Fruit, Milk Mini Ice Cream

2 Chicken Pattie Mac & Cheese Green Beans Fruit Milk

3 Bosco sticks Hot Dog Salad Bar Fruit Milk