

# Glenwood Community Schools

# January 2010

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

## Guess What?

Inauguration Day for the President is every fourth year.  
This tradition began on January 20, 1937.

Cereal & Crackers **4**  
Chicken Patty on a Bun  
Peas  
Mandarin Oranges  
Gelatin Cup  
Milk

Donut **5**  
Pizza  
Green Beans  
Applesauce  
Cookie  
Milk

NO SCHOOL

NO SCHOOL

NO SCHOOL

Breakfast = Cooks choice **11**  
Chili & Crackers  
Carrot Sticks  
Pears  
Cinnamon Roll  
Milk

Donut **12**  
Hot Dog in a Bun  
Tator Tots  
Peaches  
Pudding Cup  
Milk

French Toast & Hashbrown **13**  
Ham & Cheese on a Croissant  
Corn  
Cinnamon Apples  
Ice Cream Cup  
Milk

Bagel & Cream Cheese **14**  
Sausage  
Pancake & Syrup  
Hashbrown  
Fruit Juice  
Milk

Cereal & Crackers **15**  
BBQ Rib on a Bun  
Cottage Fries  
Peaches  
Brownie  
Milk

Cereal and crackers **18**  
Ham & Au Gratin Potatoes  
Bread & Butter  
Pineapple  
Harvest Bar  
Milk

Donut **19**  
Cheeseburger  
French Fries  
Peaches  
Cookie  
Milk

Pancake & Sausage **20**  
Chicken Nuggets  
Veggie Medley  
Oranges  
Rice Krispie Treat  
Milk

Cereal & Cracker **21**  
Pork Roast  
Mashed Potatoes & Gravy  
Apple Wedge  
Bread & Butter  
Milk

Cheese Omelet & Toast **22**  
Super Nachos  
Green Beans  
Mandarin Oranges  
Garlic Toast  
Milk

Cereal & Crackers **25**  
Grilled Cheese Sandwich  
Chicken Noodle Soup  
Celery Sticks  
Peaches  
Milk

Donut **26**  
Chicken Tenders  
Potato Wedges  
Applesauce  
Dinner Roll & Butter  
Milk

Breakfast Sandwich **27**  
Pizzatas  
Corn  
Mixed Fruit  
Jell-O Cake  
Milk

Waffle & Syrup **28**  
Spaghetti & Meat Sauce  
Breadstick  
Green Beans  
Pears  
Milk

Cereal & Crackers **29**  
Crispito w/Cheese Sauce  
Strawberries  
Broccoli  
Carrot Cake  
Milk

No School

## Lunch News

100% Fruit juice and milk served with each breakfast.

If your income has changed, please fill out a free/reduced meal application. You can pick one up in the school office, or download the application from the school webpage at [www.glenwoodschoools.org](http://www.glenwoodschoools.org).

Example: Family of 4 making \$40,793 or less qualifies for reduce meals. = .40 per lunch  
Please call the food service dept. at 712-527-5029 to see if you qualify.

## UPDATED MENU 1/08/2010