

JANUARY 2018

	MON	TUE	WED	THUR	FRI	
<p>Good Eats at:</p> <p>ALGOMA SCHOOL DISTRICT</p> <p>Special Announcements</p> <ul style="list-style-type: none"> → Garden Bar/Side Salad served everyday →  Student Favorites →  Gluten Free →  Brand New! 	<p>NO SCHOOL</p> <p>1</p>	<p>Mozzarella Dippers Vegetable Fruit</p> <p>2</p>	<p>Teriyaki Chicken Rice Vegetable Fruit</p> <p>3</p>	<p>Ham & Scallop Potatoes Vegetable Fruit</p> <p>4</p>	<p>Chicken Patty Vegetable Fruit</p> <p>5</p>	<p>11</p> <p>HAPPY NEW YEAR!</p>
	<p>Chicken Alfredo w/a Twist Vegetable Fruit</p> <p>8</p>	<p>BBQ Pork Vegetable Fruit</p> <p>9</p>	<p>Hot Dog on Bun Vegetable Fruit</p> <p>10</p>	<p>Breakfast Vegetable Fruit</p> <p>11</p>	<p>Pizza Vegetable Fruit</p> <p>12</p>	<p>+200</p> <p>+100</p> <p>+50</p>
	<p>Mini Corn Dogs Potatoes Vegetable Fruit</p> <p>15</p>	<p>Tacos Refried Bean Fruit</p> <p>16</p>	<p>Cold Cut Sub Vegetable Fruit</p> <p>17</p>	<p>Hamburger or Cheeseburger Vegetable Fruit</p> <p>18</p>	<p>NO SCHOOL</p> <p>19</p>	
	<p>Meatballs Mashed Potatoes Vegetable Fruit</p> <p>22</p>	<p>Chicago Deep Dish Pasta Vegetable Fruit</p> <p>23</p>	<p>Sloppy Joe Vegetable Fruit</p> <p>24</p>	<p>Parmesan Chicken on Bun Vegetable Fruit</p> <p>25</p>	<p>Pizza Vegetable Fruit</p> <p>26</p>	
	<p>Fish Sandwich Vegetable Fruit</p> <p>29</p>	<p>Taco Soup Bread Fruit</p> <p>30</p>	<p>Fiesta Chicken Wrap Vegetable Fruit</p> <p>31</p>	<p>Menu subject to change dependent on availability. This Institution is an equal opportunity provider.</p>		

Fun facts on back! >



Fun FACT

Grapefruit got its name from growing in bunches just like grapes.

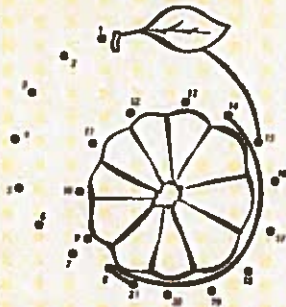
Power UP!

A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.

RUBY Red GRAPEFRUIT

I'm Ruby Red and I'm part of the Texas red grapefruit club. The Texas red grapefruit is the state fruit of Texas. I was found by accident growing on a pink grapefruit tree in the Rio Grande Valley of South Texas. Texas citrus fruits like me grow in places with lots of sunshine and soft ground like South Texas. My sisters Rio Star, Flame and I can be found in supermarkets year round, but we taste the best from December through April.

Connect the DOTS



Island Fun Pasta SALAD

INGREDIENTS

- 2 cups Pasta, whole grain, corkscrew
- 1 cup Romaine lettuce, shredded
- 1 cup Grapefruit chunks, fresh or canned
- ½ cup Mango, peeled, sliced
- ½ cup Red Cabbage, Shredded
- ½ cup Onions, chopped
- 1 cup Yogurt, low-fat, plain or vanilla
- Orange

PREPARATION

1. Cook pasta as directed on package. Drain.
2. In a small bowl, combine yogurt and juice of the orange.
3. Combine lettuce, pasta, grapefruit, mango, cabbage and onion in large bowl.
4. Pour dressing over. Mix until all parts are coated.

Serving Suggestions

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

Recipes courtesy of www.whatscookingfor.usda.gov

Joke of the MONTH

Q. Why did the grapefruit stop at the top of the hill?

A. Because it ran out of juice.

+200

+100

+50



February is National Children's Dental Health Month!

Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile!!



Brush your teeth **twice a day for two minutes** using a fluoride toothpaste with the ADA Seal of Acceptance to prevent tooth decay.

Floss your teeth **once a day** to clean the areas in between your teeth that your toothbrush can't reach.

Healthy Smiles = Healthy Kids! Check out these apps that will have you dancing your way to a healthy mouth. Listen to music, track your progress, set reminders, earn badges and stickers....and keep the sparkle in your smile!



4 FREE Apps to Make Brushing FUN!



Disney Magic Timer by Oral-B: Collect digital stickers every 2 minutes of brushing, track progress with stars and badges on the brushing calendar!



Brush DJ: Plays 2 minutes of music from your device. Set reminders to change your brush, brush at least twice a day and floss everyday. Customize your screen!



Brushy Time: Fun way to brush twice a day! Select your theme, tap the Brush button to start the timer. It's Brushy Time!



Let's Brush Free: Digital representation of upper and lower jaw, mouth is divided into quadrants to keep track of where you've brushed and what you've missed. Pick a song from your library to brush along to!

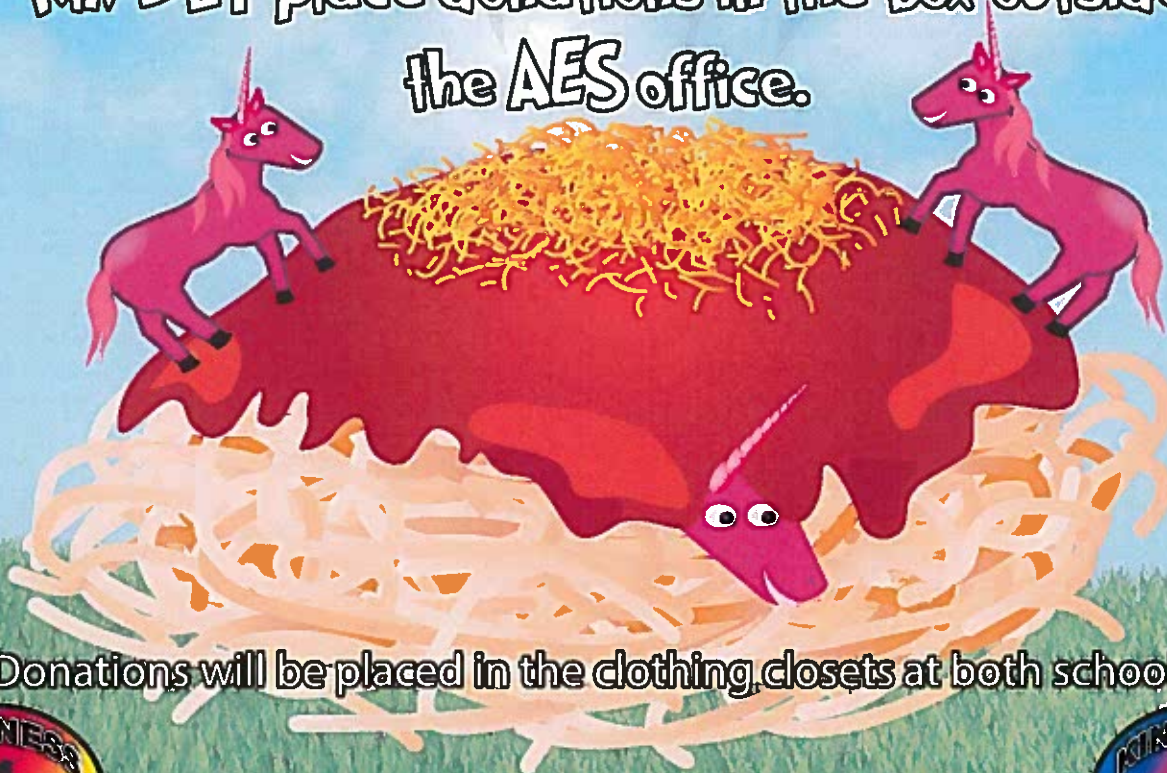


www.bridgingbrightersmiles.org
<http://www.ada.org/ToothTeam>

OODLES of NOODLES and SAUCE

The entire month of January we would like to collect pasta and sauce.

KINDLY place donations in the box outside the AES office.



Donations will be placed in the clothing closets at both schools.



facebook.com/kindnessmattersalgoma/



Calling all Artists!



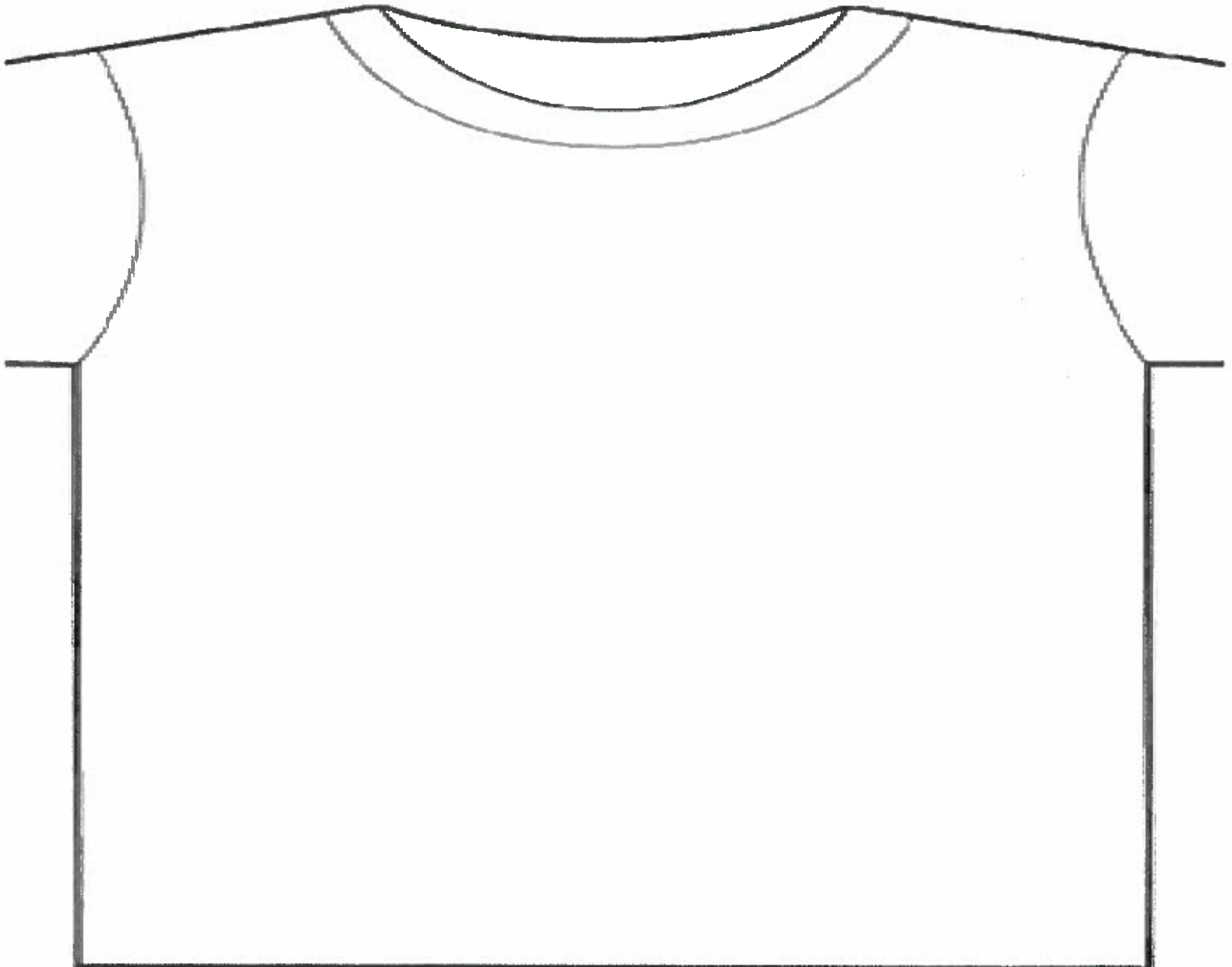
Do you like to draw? Would you like to see your design printed on a t-shirt? If you answered yes to both of these questions then this is a contest for you! We are in search of the perfect design for our **Color Me Algoma Run/Walk** t-shirts. This is a 2 mile, non-timed, and colorful event occurring on May 5th. Your design needs to have the year (2018), the name of the run (Color Me Algoma Run/Walk), and be done in only white and one other dark color (black, blue, maroon, etc.) Your design is due to either the Algoma High School or Elementary School office by January 26th. **All** are welcome to participate.

Artist Name: _____ Phone Number: _____

I give the Color Me Algoma Run/Walk permission to use my design in advertising and on the t-shirts if my design is chosen.

Artist Signature: _____

Parent/Guardian Signature if Artist is under 18: _____



AES is collecting Box Tops in January!!

- Please send your Box Tops to school with your child during January.
- Every classroom has a collection bin for the Box Tops.
- Every Box Top is worth 10 cents for our school.
- The class that collects the most Box Tops during January will win a classroom party of their choice!!!
- In order for the Box Tops to count towards classroom totals- They need to be cut out!!!

