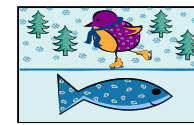



January 2012 Menu



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|---|---|---|---|---|
| <p>2 Center Closed</p>  | <p>3 Breakfast Whole Grain Waffle Fruit Cocktail</p> <p>Lunch Veggies with Chicken and Rice Diced Peaches</p> <p>Snack Wheat Crackers Cheddar Cheese</p> | <p>4 Breakfast Banana Bread Pear Halves</p> <p>Lunch Baked Beans w/Hot Dogs Rolls Peas Pears</p> <p>Snack 1/2 Soynut Butter & Jelly Sandwich</p> | <p>5 Breakfast Bagel with Cream Cheese Fruit Cocktail</p> <p>Lunch Chili Con Carne w/Mexicali Corn Corn Chips Pears</p> <p>Snack Fruit Snack Apple</p> | <p>6 Breakfast Hot Biscuit Fresh Banana Slices</p> <p>Lunch Spaghetti & Meat Sauce Vegetable Green Salad Pineapple Tidbits</p> <p>Snack Vanilla Yogurt Wheat Crackers</p> |
| <p>9 Breakfast Rice Krispies Oranges</p> <p>Lunch Chicken Pasta w/Peas and Carrots Pineapple Tidbits</p> <p>Snack Vanilla Yogurt Diced Peaches</p> | <p>10 Breakfast Oatmeal w/Raisins & Cranberries</p> <p>Lunch Sloppy Joe Green Beans Apple Slices</p> <p>Snack Cheese-its Pears</p> | <p>11 Breakfast Multi-Grain Pancakes Apples</p> <p>Lunch Turkey Sandwich w/Gravy Veggies Fruit Cocktail</p> <p>Snack String Cheese Goldfish</p> | <p>12 Breakfast Bagels w/ Cream Cheese Cantaloupe Cubes</p> <p>Lunch BBQ Chicken w/Wheat Roll Broccoli Apple</p> <p>Snack Carrot Sticks w/Dip Fresh Fruit</p> | <p>13 Breakfast Oatmeal Sliced Peaches</p> <p>Lunch Grilled Cheese on Wheat Bread Chicken Noodle Soup Pears</p> <p>Snack Corn Chips/Cheese Sauce Diced Peaches</p> |
| <p>16 Breakfast Cheerios Pear Halves</p> <p>Lunch Soft Chicken Taco w/Lettuce and Cheese Inf: Veggies Pineapple Chunks</p> <p>Snack Graham Crackers Oranges</p> | <p>17 Breakfast Blueberry Muffin Peaches</p> <p>Lunch Soynut Butter & Jelly Sandwich Mixed Vegetables Tropical Fruit</p> <p>Snack Vanilla Wafers Apples</p> | <p>18 Breakfast French Toast Fresh Banana Slices</p> <p>Lunch Homemade Macaroni & Cheese Carrots Peaches</p> <p>Snack Wheat Crackers w/Cheese</p> | <p>19 Breakfast English Muffin w/Soynut Butter Apples</p> <p>Lunch Chicken Nuggets Tater Tots Diced Pears</p> <p>Snack Ants on a Log (Celery, Cream Cheese & Raisins)</p> | <p>20 Breakfast Banana Bread Squares 1/2 Fresh Orange</p> <p>Lunch Shells w/Beef & Sauce Steamed Broccoli Peaches</p> <p>Snack Veggies & Dip</p> |

Yam and Jam Muffins

Ingredients



- 1-3/4 cups all-purpose flour
 - 1/3 cup packed brown sugar
 - 1-1/2 teaspoons baking powder
 - 1/2 teaspoon baking soda
 - 1 teaspoon apple pie spice or ground cinnamon
 - 1/4 teaspoon salt
 - 1/2 of a 17-ounce can sweet potatoes, drained (about 1 cup)
 - 1 beaten egg
 - 1/2 cup milk
 - 1/3 cup fruit jam or preserves (may I suggest [Spiced Apple Jelly?](#))
 - 1/4 cup cooking oil
 - 1 recipe Jam Icing (see recipe below)
- Directions 1. Lightly grease twelve 2-1/2-inch muffin cups or line with paper bake cups; set aside.

2. In a large bowl combine flour, brown sugar, baking powder, baking soda, apple pie spice, and salt. Make a well in center of flour mixture; set aside.


3. In another bowl mash the drained sweet potatoes with a fork. Stir in egg, milk, jam, and oil. Add [sweet potato](#) mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).

4. Spoon batter into prepared muffin cups, filling each about three-fourths full. Bake in a 400 [degree](#) F oven for 18 to 20 minutes or until golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a [wire rack](#) for 5 minutes. Remove from muffin cups. Cool slightly. Drizzle muffins with Jam Icing and, if desired, top with additional jam or preserves. Makes 12 muffins.

Jam Icing: In a small bowl stir together 3/4 cup sifted powdered sugar, 1 tablespoon fruit jam or preserves (such as plum, strawberry, peach, or apricot), 1/4 teaspoon vanilla, and enough milk (2 to 3 teaspoons) to make icing of drizzling consistency. Makes about 1/4 cup.



January 2012 Menu

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| <p><u>23</u> Breakfast Wheat Chex Pineapple Tidbits</p> <p>Lunch Meatball Sub w/Cheese & Lettuce Fruit Cocktail</p> <p>Snack Soynut Butter Dip Apple Slices</p> | <p><u>24</u> Breakfast Whole Wheat Toast Bananas</p> <p>Lunch Chicken w/Pasta Veggies Applesauce</p> <p>Snack String Cheese Goldfish</p> | <p><u>25</u> Breakfast Oatmeal Diced Pears</p> <p>Lunch Cheese Pizza Vegetables Green Salad Diced Peaches</p> <p>Snack Vanilla Yogurt Graham Crackers</p> | <p><u>26</u> Breakfast Multi-Grain Pancakes Diced Peaches</p> <p>Lunch Juan's Spanish Rice w/Chicken Vegetables Pineapple Tidbits</p> <p>Snack Oatmeal Cookie Oranges</p> | <p><u>27</u> Breakfast English Muffin Apple</p> <p>Lunch Ham & Scalloped Potatoes Tropical Fruit</p> <p>Snack String Cheese Pears</p> |
| <p><u>30</u> Breakfast Kix Cereal 1/2 Fresh Orange</p> <p>Lunch Mac & Cheese Vegetable Applesauce</p> <p>Snack Cheese & Crackers</p> | <p><u>31</u> Breakfast English Muffin w/Jelly or Soyнут Butter Bananas</p> <p>Lunch Hamburger w/Roll Vegetables Pears</p> <p>Snack Vanilla Wafer w/Oranges</p> |  | | |

Notes:

- This menu is peanut-free
- Water is served with every snack
- Milk is served with every Breakfast and Lunch
- This menu is subject to change



Question:

What does the research say about coffee and health? Is coffee good or bad for me?

Answer:

from Donald Hensrud, M.D.

Coffee has a long history of being blamed for many ills — from the humorous "It will stunt your growth" to the not-so-humorous claim that it causes heart disease and cancer. But recent research indicates that coffee may not be so bad after all. So which is it — good or bad? The best answer may be that for most people the health benefits outweigh the risks.

Recent studies have generally found no connection between coffee and an increased risk of cancer or heart disease. Why the apparent reversal in the thinking about coffee? Earlier studies didn't always take into account that known high-risk behaviors, such as smoking and physical inactivity, tended to be more common among heavy coffee drinkers at that time.

However, the research appears to bear out some risks. High consumption of unfiltered coffee is associated with mild elevations in cholesterol levels. And another study found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific — and fairly common — genetic mutation that slows the breakdown of caffeine in the body. So, how quickly you metabolize coffee may affect your health risk.

Newer studies have also shown that coffee may have benefits, such as protecting against Parkinson's disease, type 2 diabetes and liver cancer. And it has a high content of antioxidants. But this doesn't mean you should disregard the old maxim "Everything in moderation." Although coffee may not be very harmful, other beverages such as milk and juice contain nutrients that coffee does not. Also, keep in mind that coffee accompaniments such as cream and sugar add fat and calories to your diet. Finally, heavy caffeine use — on the order of four to seven cups of coffee a day — can cause problems such as restlessness, anxiety, irritability and sleeplessness, particularly in susceptible individuals.