

Milk

National Milk Day is January 11, 2022.

Illinois ranks 20th in milk production in the United States. There are dairy farms in all 50 states.

Milk is packed with essential nutrients including protein, calcium and vitamin D. One 8 ounce glass of milk contains 8 grams of protein!

To get the same amount of calcium provided in an 8 ounce glass of milk, you would have to eat 4.5 servings of broccoli or 16 servings of spinach.

The average American consumes almost 25 gallons of milk a year.

St. Peter School Menu for January 2022

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
HOT DOG/ BUN BAKED CHIPS CARROT STICKS/DIP APPLE SLICES COOKIE	SLOPPY JOE/ BUN- FRENCH FRIES GREEN BEANS MANDARIN ORANGES	CHEESY SCRAMBLED EGGS BACON BANANA BREAD DICED PEACHES RAZZY JUICE	CHICKEN NUGGETS MASHED TATORS BUTTERED CORN APPLESAUCE DINNER ROLL	FRENCH TOAST STICKS SAUSAGE LINKS HARD BOILED EGG DICED PEARS RAZZY JUICE
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
BACON/EGG/CHEESE BISCUIT TATOR BITES MIXED FRUIT SIDE KICK	CORN DOG BAKED BEANS VEGGY BOAT/ DIP FROZEN FRUIT CUP	PASTA W/MEATSAUCE ROMAINE SALAD BOSCO CHEESE STICKS SORBET CUP	HOT HAM/CHEESE SANDWICH CHICKEN NOODLE SOUP CRACKERS APPLE SLICES / DIP RAZZY JUICE	NO SCHOOL
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
NO SCHOOL	CHEESEBURGER/ BUN TRI TATORS VEGGY BOAT/DIP DICED PEARS	MEAT BALL SUB MIXED VEGGY'S BAKED CHIPS GRAPES	CHEESE PIZZA SPINACH SALAD SLICED CHOCOLATE BREAD ORANGE WEDGES	DUTCH WAFFLES SAUSAGE PATTY YOGURT CUP/FRUIT DRAGON JUICE
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
FLAP STICKS TRI TATORS MIXED FRUIT RAZZY JUICE	CHILI HOT DOG / BUN VEGGY STICKS CHEESE BITES GO GURTS TROPICAL FRUIT	LASAGNA ROLL UP SPINACH SALAD BLUSHING PEARS COOKIE	ITALIAN SUB PEPPERONI/ HAM CHEESE / BUN ASSORTED VEGGY BOAT BBQ CHIPS PINEAPPLE TIDBITS	BREAKFAST BAR HARD BOILED EGG SAUSAGE LINK CRAN RAISINS DRAGON JUICE
Monday, January 31				
WALKING TACO LETTUCE/TOMATO CHEESE SEASONED RICE REFRIED BEANS GRAPE SORBET CUP				