



BRRR...  
IT'S COLD!

# JANUARY 2022

\*Menus are subject to change

## Indian Hill High & Middle Schools

\*Wow Butter (Soy Based) & Jelly Sandwiches, Yogurt Snack Boats, Milk Varieties and a Colorful Assortment of Fruits & Vegetables Available Daily



Suggestions, comments, or questions?



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### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p><b>TODAY'S SPECIALS</b> <sup>3</sup></p> <p><u>Feature Station:</u> Spaghetti &amp; Meatballs!</p> <p><u>Pizza:</u> Hawaiian Pizza</p> <p><u>Grill:</u> Chicken Parmesan</p> <p><u>Deli:</u> Italian Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>4</sup></p> <p><u>Feature Station:</u> Chicken Enchiladas!</p> <p><u>Pizza:</u> Hawaiian Pizza</p> <p><u>Grill:</u> Chicken Parmesan</p> <p><u>Deli:</u> Italian Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>5</sup></p> <p><u>Feature Station:</u> Hot Dog Bar!</p> <p><u>Pizza:</u> Hawaiian Pizza</p> <p><u>Grill:</u> Chicken Parmesan</p> <p><u>Deli:</u> Italian Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>6</sup></p> <p><u>Feature Station:</u> Taco Salad!</p> <p><u>Pizza:</u> Hawaiian Pizza</p> <p><u>Grill:</u> Chicken Parmesan</p> <p><u>Deli:</u> Italian Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>7</sup></p> <p><u>Feature Station:</u> Chicken &amp; Waffles!</p> <p><u>Pizza:</u> Hawaiian Pizza</p> <p><u>Grill:</u> Chicken Parmesan</p> <p><u>Deli:</u> Italian Sub</p>
<p><b>TODAY'S SPECIALS</b> <sup>10</sup></p> <p><u>Feature Station:</u> Buffalo Chicken Salad</p> <p><u>Pizza:</u> Meatball Pizza</p> <p><u>Grill:</u> BBQ Chicken Sub</p> <p><u>Deli:</u> Southwest Turkey</p>	<p><b>TODAY'S SPECIALS</b> <sup>11</sup></p> <p><u>Feature Station:</u> Chicken &amp; Broccoli Stirfry</p> <p><u>Pizza:</u> Meatball Pizza</p> <p><u>Grill:</u> BBQ Chicken Sub</p> <p><u>Deli:</u> Southwest Turkey</p>	<p><b>TODAY'S SPECIALS</b> <sup>12</sup></p> <p><u>Feature Station:</u> Quesadilla Bar</p> <p><u>Pizza:</u> Meatball Pizza</p> <p><u>Grill:</u> BBQ Chicken Sub</p> <p><u>Deli:</u> Southwest Turkey</p>	<p><b>TODAY'S SPECIALS</b> <sup>13</sup></p> <p><u>Feature Station:</u> Penne Rose Chicken Pasta</p> <p><u>Pizza:</u> Meatball Pizza</p> <p><u>Grill:</u> BBQ Chicken Sub</p> <p><u>Deli:</u> Southwest Turkey</p>	<p><b>TODAY'S SPECIALS</b> <sup>14</sup></p> <p><u>Feature Station:</u> Nacho Bar!</p> <p><u>Pizza:</u> Meatball Pizza</p> <p><u>Grill:</u> BBQ Chicken Sub</p> <p><u>Deli:</u> Southwest Turkey</p>
<p><b>Enjoy the Day!!</b> <sup>17</sup></p> 	<p><b>TODAY'S SPECIALS</b> <sup>18</sup></p> <p><u>Feature Station:</u> Pasta Station!</p> <p><u>Pizza:</u> Pepperoni &amp; Sausage Pizza</p> <p><u>Grill:</u> Double Bacon Cheeseburger</p> <p><u>Deli:</u> Turkey Ba-Boom Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>19</sup></p> <p><u>Feature Station:</u> Buffalo Chicken Wrap</p> <p><u>Pizza:</u> Pepperoni &amp; Sausage Pizza</p> <p><u>Grill:</u> Double Bacon Cheeseburger</p> <p><u>Deli:</u> Turkey Ba-Boom Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>20</sup></p> <p><u>Feature Station:</u> Mac &amp; Cheese Bar!</p> <p><u>Pizza:</u> Pepperoni &amp; Sausage Pizza</p> <p><u>Grill:</u> Double Bacon Cheeseburger</p> <p><u>Deli:</u> Turkey Ba-Boom Sub</p>	<p><b>TODAY'S SPECIALS</b> <sup>21</sup></p> <p><u>Feature Station:</u> Pancake Bar!</p> <p><u>Pizza:</u> Pepperoni &amp; Sausage Pizza</p> <p><u>Grill:</u> Double Bacon Cheeseburger</p> <p><u>Deli:</u> Turkey Ba-Boom Sub</p>
<p><b>TODAY'S SPECIALS</b> <sup>24</sup></p> <p><u>Feature Station:</u> Super Food Saute!</p> <p><u>Pizza:</u> Meatlovers</p> <p><u>Grill:</u> Crispy Chicken Club</p> <p><u>Deli:</u> Turkey Caesar Wrap</p>	<p><b>TODAY'S SPECIALS</b> <sup>25</sup></p> <p><u>Feature Station:</u> Boneless Wing Bar!</p> <p><u>Pizza:</u> Meatlovers</p> <p><u>Grill:</u> Crispy Chicken Club</p> <p><u>Deli:</u> Turkey Caesar Wrap</p>	<p><b>TODAY'S SPECIALS</b> <sup>26</sup></p> <p><u>Feature Station:</u> Waffle Iron Grilled Cheese &amp; Tomato Soup!</p> <p><u>Pizza:</u> Meatlovers</p> <p><u>Grill:</u> Crispy Chicken Club</p> <p><u>Deli:</u> Turkey Caesar Wrap</p>	<p><b>TODAY'S SPECIALS</b> <sup>27</sup></p> <p><u>Feature Station:</u> Orange Chicken &amp; Broccoli over Rice</p> <p><u>Pizza:</u> Meatlovers</p> <p><u>Grill:</u> Crispy Chicken Club</p> <p><u>Deli:</u> Turkey Caesar Wrap</p>	<p><b>TODAY'S SPECIALS</b> <sup>28</sup></p> <p><u>Feature Station:</u> Made to Order Soft Tacos!</p> <p><u>Pizza:</u> Meatlovers</p> <p><u>Grill:</u> Crispy Chicken Club</p> <p><u>Deli:</u> Turkey Caesar Wrap</p>
<p><b>TODAY'S SPECIALS</b> <sup>31</sup></p> <p><u>Feature Station:</u> Cincy Chili Bar!</p> <p><u>Pizza:</u> Spinach, Mushroom &amp; Pepperoni</p> <p><u>Grill:</u> Meatball Sub</p> <p><u>Deli:</u> Chicken Salad Croissant</p>	<p><b>TODAY'S SPECIALS</b> <sup>1</sup></p> <p><u>Feature Station:</u> Ravioli Saute</p> <p><u>Pizza:</u> Spinach, Mushroom &amp; Pepperoni</p> <p><u>Grill:</u> Meatball Sub</p> <p><u>Deli:</u> Chicken Salad Croissant</p> 	<p><b>TODAY'S SPECIALS</b> <sup>2</sup></p> <p><u>Feature Station:</u> Fish Tacos</p> <p><u>Pizza:</u> Spinach, Mushroom &amp; Pepperoni</p> <p><u>Grill:</u> Meatball Sub</p> <p><u>Deli:</u> Chicken Salad Croissant</p>	<p><b>TODAY'S SPECIALS</b> <sup>3</sup></p> <p><u>Feature Station:</u> Loaded Tots!</p> <p><u>Pizza:</u> Spinach, Mushroom &amp; Pepperoni</p> <p><u>Grill:</u> Meatball Sub</p> <p><u>Deli:</u> Chicken Salad Croissant</p>	<p><b>TODAY'S SPECIALS</b> <sup>4</sup></p> <p><u>Feature Station:</u> Belgian Waffle Bar!</p> <p><u>Pizza:</u> Spinach, Mushroom &amp; Pepperoni</p> <p><u>Grill:</u> Meatball Sub</p> <p><u>Deli:</u> Chicken Salad Croissant</p>

# WELCOME TO THE PEP RALLY

Red bell peppers are a member of the capsicum annum family. Perfect for January's chili weather, red peppers provide just the right sweetness and crunch, unlike other peppers whose intensity can be overpowering. Bell peppers are different from many of their relatives because they don't have capsaicin, the compound that makes certain peppers hot and spicy. Red peppers can be prepared raw, cooked, roasted, or pickled. Eating them can have several health benefits, such as improved eye health and reduced risk of several chronic diseases. Red peppers also boast four times the vitamin C of an orange, making them sure to add some pep to your step.

## DID YOU KNOW?

### SOME THINGS GET SWEETER WITH TIME...

Red bell peppers are actually just fully ripened green bell peppers, which is why they are sweeter in taste.

### SEED WHAT I MEAN?

While bell peppers are commonly called vegetables, they are technically classified as fruits since they are produced from a flowering plant and contain seeds.

## ACE'S JOKE OF THE MONTH

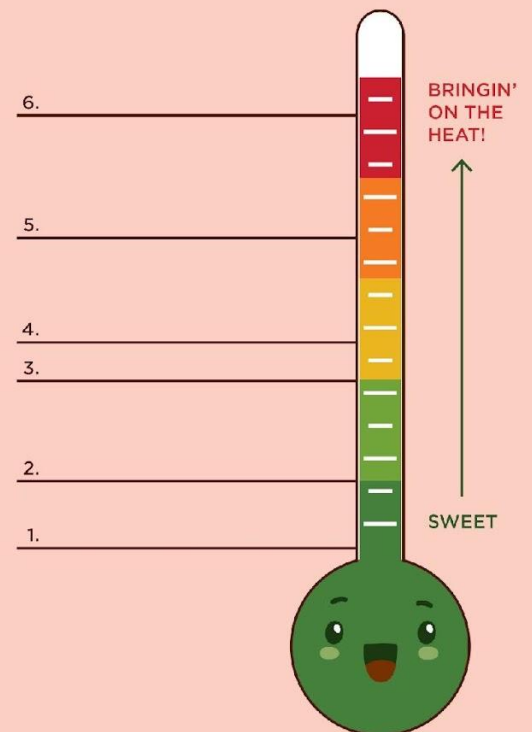


### Q. WHY DID THE TOMATO GO OUT WITH A PRUNE?

SEE ANSWER BELOW

## ACTIVITY: SPICE AS NICE

Peppers have a range of flavors. On the thermometer, rank these peppers from sweet to bringin' on the heat!



JOKE ANSWER: Because he couldn't find a date.  
 ACTIVITY ANSWER: 1. Bell; 2. Banana; 3. Cherry; 4. Jalapeño; 5. Cayenne; 6. Habanero.