



January Fun Facts



Palmyra Eagle Area Schools


Monday

Tuesday

Wednesday

Thursday

Friday

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		There are at least 10,000 different kinds of tomatoes, from the small cherry tomatoes that are on the lunch menu today, to Ponderosa tomatoes that weigh over 3 pounds.	Romaine lettuce is being served today for your salad. Did you know that lettuce is a member of the sunflower family?	Did you know that potatoes are grown in all states and 125 countries around the world? It seems like everyone likes potatoes. Have some potato wedges with your lunch today.
7 Omelets are on the menu today. Did you know that chickens can lay eggs that are white, brown, blue or green?	8 There are two categories for squash - summer and winter. The acorn squash on the menu today is winter squash. A variety such as zucchini is a summer squash.	9 Hot dogs were the first food eaten on the moon. Apollo 11 astronauts ate hot dogs on their 1969 journey. While you're eating your hot dog at lunch today, you can pretend that you're on the moon.	10 Fresh cucumber slices are on the menu today. Did you know that cucumbers are used to make pickles?	11 Today is National Milk Day. Let's all have some milk with our lunch today! 
14 Q: Why do fish live in salt water? A: Because pepper makes them sneeze! There's fish for lunch today.	15 Apricots are on the menu today. Did you know that apricots grow on trees? An apricot tree can produce fruit for 25 years.	16 There are Tater Tots on the menu today. Did you know that Americans eat 70 million pounds of Tater tots every year?	17 January is National Soup Month. Let's celebrate together by having some Tomato Soup with lunch today.	18 The cheese on the pizza for lunch today is made from cow's milk. Around the world, cheese is also made with milk from buffalo, goat, horse and even camel.
21 No School	22 One of the vegetable choices at lunch today is peas. Did you know that peas are a good source of vitamin A, vitamin C, Folate, Thiamin, Iron, Phosphorus and Protein? How does all that nutrition fit in that little pea?	23 Q: What do you call a pig who knows Karate? A: A pork chop! Pork chops are one of the lunch choices today.	24 Spinach is a good source of Vitamin A, Vitamin C and minerals, especially iron. I hope you'll try some spinach salad with your lunch today.	25 Today we have apple slices on the menu. Did you know that an apple tree can live for more than 100 years?
28 The steamed carrots for lunch today will be orange, but did you know that carrots can also be purple, red, white and yellow?	29 Did you know that corn comes in many colors including black, blue, purple, red, white and the most common yellow? Yellow corn is on the menu today.	30 The fuzz on peaches helps protect it from diseases, insects and sunburn. Try some peaches today!	31 Q: How do you fix a sliced tomato? A: Use Tomato Paste! Try some sliced tomatoes on your chicken or burger today at lunch!	