

YEAR OF THE ROOSTER

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.

SUPER BOWL LUNCH!
JOIN US FOR LUNCH &

Wear your favorite team's jersey

Thursday, Feb 2, 2017

Monday, January 23

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Breaded Chicken Sandwich
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Waffle Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, January 24

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Brunch for Lunch
Egg and Cheese Omelet
Fresh Baked Cinnamon Roll
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Emoji Smile Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, January 25

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
BBQ Rib on Bun
Cookie
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Corn, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, January 26

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Taco Boat w trimmings, Mexican Rice, Salsa
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Fiesta Black Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, January 27

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Chinese New Year Lunch
Asian Chicken, Fried Rice, Egg Roll (1/2)
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Steamed Broccoli, and Carrots, Assorted Veggies, Leafy Green Salad
FORTUNE COOKIE

AfterSchool Snack
Grab and Go Choices

Make MyTray Healthy!
All School Meal Customers Must Choose:
1 Juicy Fruit OR 1 Colorful Vegetable
& 2-4 Additional Different Food Group Choices

Monday, January 30

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Popcorn Chicken
WW Roll
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Glazed Carrots, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, January 31

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Potato Soup, Cheese Toast
Goldfish
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, February 1

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Cheeseburger on Bun
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Fried Potato Wedges, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, February 2

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Pizza
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, February 3

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Super Bowl Lunch
Hot Dog on Bun, trimmings, Popcorn
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Baked Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

He's the heavyweight champ, whether he's cooked . . .

OR RAW!

He'll give any other food a nutritional body slam, because he's . . .

THE BROCC



Can you name the powerful food we're describing and the famous person we're comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

champion and actor Dwayne "The Rock" Johnson

A: The food is broccoli and the person is 17-time pro wrestling

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 6

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Dippity-DO Day Lunch
Corn Dog Pups w mustard
Choose 1 from:
Apples/Caramel Dip, Juice
Choose 1-2 from:
Potato Rounds/Ketchup, Baby Carrots/Hummus

AfterSchool Snack
Grab and Go Choices

Tuesday, February 7

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Meatball Sub
Chips
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Green Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, February 8

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Brunch for Lunch
Egg and Cheese Omelet
Fresh Baked Cinnamon Roll
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Emoji Smile Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, February 9

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Pizza
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, February 10

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Popcorn Chicken
WW Roll
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Corn, Baked Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices