

## Menus for January

### Indian Trail/Liberty Bell



This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, January 4

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Pizza

**Choose 1 from:**  
Assorted Fruit, Juice

**Choose 1-2 from:**  
Glazed Carrots, Green Beans

AfterSchool Snack  
Grab and Go Choices

Thursday, January 5

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Brunch for Lunch

Scrambled Eggs, Ham Cbits  
Hot 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

Friday, January 6

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Popcorn Chicken  
WW Roll

**Choose 1 from:**  
Assorted Fruit, OJ

**Choose 1-2 from:**  
Steamed Broccoli, Baked Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

## Available Daily

Additional Entrée Choices at Indian Trail and Liberty Bell  
Include a COLD Sandwich selection AND

**Monday-**

**Pizza OR Bacon Cheeseburger**

**Tuesday-**

**Popcorn Chicken/Roll OR Philly Sub**

**Wednesday-**

**Pizza OR Walking Taco**

**Thursday-**

**Popcorn Chicken/Roll OR Hot Dog on Bun**

**Friday-**

**Breaded Chx Sandwich OR Meatball Sub**

Monday, January 9

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Grab-It and Bag-It Lunch:  
Go-gurt, Turkey Stick,  
Beef Stick, Cheese Stick  
Animal Crackers

**Choose 1 from:**  
Sliced Apples, Dried Fruit

**Choose 1-2 from:**  
Baby Carrot Packs, Juice

AfterSchool Snack  
Grab and Go Choice

Tuesday, January 10

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Beef OR Chicken/Cheese  
Fajita, Mexican Rice,  
Salsa

**Choose 1 from:**  
Assorted Fruit, OJ

**Choose 1-2 from:**  
Corn, Fiesta Black Beans,  
Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

Wednesday, January 11

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Pork BBQ on Bun **OR**  
Turkey Burger

**Choose 1 from:**  
Fruit, Cooked Apples

**Choose 1-2 from:**  
Slaw, Potato Rounds,  
Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

Thursday, January 12

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Chicken and Waffles  
Syrup

**Choose 1 from:**  
Assorted Fruit, Juice

**Choose 1-2 from:**  
Sweet Potato Fries,  
Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

Friday, January 13

#### 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

## NUTRITION TO GO



Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.



A TASTY MORSEL FOR PARENTS



Monday, January 18  
**MLK Day**  
No School Today

Tuesday, January 17

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Popcorn Chicken  
WW Roll

**Choose 1 from:**  
Assorted Fruit, Juice

**Choose 1-2 from:**  
Corn, Baked Beans,  
Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

Wednesday, January 18

#### 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

Thursday, January 19

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Turkey Pot Pie  
DESSERT

**Choose 1 from:**  
Assorted Fruit, Juice

**Choose 1-2 from:**  
Candied Sweet Potatoes,  
Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

Friday, January 20

#### Breakfast

Breakfast Choices  
Fruit, Juice, Milk

#### Lunch

Spaghetti & Meat Sauce  
Cheese Stick

**Choose 1 from:**  
Assorted Fruit, OJ

**Choose 1-2 from:**  
Steamed Broccoli,  
Assorted Veggies, Leafy Green Salad

AfterSchool Snack  
Grab and Go Choices

## MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**