New This month!

JANUARY MENU GRADES K-5

give it a try!



Tuesday, January 3

Breakfast

Breakfast Toast Fruit, Iuice & Milk

Lunch

Popcorn Chicken w/ Sweet & Sour Sauce Mashed Potatoes & Gravy Glazed Carrots Fruit Choice Milk

Wednesday, January 4

Breakfast

Yogurt & Homemade Muffin Fruit, Juice & Milk

Lunch

Cheeseburger on Bun Potato Smiles Dark Green Broccoli Fruit Choice Milk

Thursday, January 5

Breakfast

French Toast Sticks & Syrup Fruit, Juice and Milk

Lunch

Cheese Pizza Pizza Sticks w/dipping Sauce Corn or Fresh Carrots Fruit Choice Milk

Friday, January 6

Breakfast

Scrambled Eggs w/ Sausage & Toast Fruit, Juice & Milk

Lunch

Toasted Ham & Cheese Toasted Cheese Sandwich **Tomato Soup** Green Beans Fruit Choice Milk

Monday, January 9

Breakfast

Breakfast Pizza Fruit, Juice & Milk

Lunch

Chicken Nuggets w/ BBO Sauce & Rice Tender Peas Sweet Potato Fries Fruit Choice Milk

It's in

our DNA:

the human

body is made to

MOVE, not to sit

still all day, every



motion

daily,

looking for

food. The more

we can make sure

we're active and









Tuesday, January 10

Breakfast

Bagel & Cream Cheese Fruit Choice Milk

Lunch

Cheese Stuffed Twister Stick & Meatballs Dark Green Broccoli Corn Fruit choice Milk

Wednesday, January II MOOSCIIII QIIZIIY

Breakfast

Yogurt & Homemade Muffin Fruit, Juice & Milk

Lunch

Turkey, Mashed Potatoes, Gravy & Roll Cauliflower Glazed Carrots Fruit Choice Pudding Milk



Choice of milk served with all complete meals:

Skim & 1% White, Skim Chocolate, Skim Strawberry

Thursday, January 12

Breakfast

Pancakes & Sausage Fruit, Juice & Milk

Lunch Cheese Pizza

0r Pizza Sticks w/ Dipping Sauce Dark Green Broccoli Fresh Veggies Fruit Choice Milk

SHOT



BREAKFAST LUNCH \$1.00 \$2.05

We provide free and reduced-price meals (\$.25) for eligible students.

Friday, January 13

Breakfast

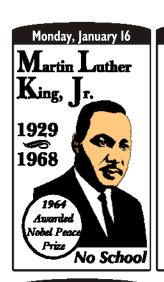
PBI Gramwich Fruit, Juice & Milk

Lunch

Hot Dog on Bun Green Beans Bush's Best Baked Beans Fruit choice Milk

day. Our earliest moving, the better ancestors were in our health will be. EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER **WELLNESS IS A WAY OF LIFE!**

MOVE!



Tuesday, January 17

Breakfast

Pancakes Wrap & Syrup Fruit, Juice & Milk

Lunch

Tacos w/ Salsa & Rice Dark Green Broccoli Refried Beans Fruit Choice Milk



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

Wednesday, January 18

Breakfast

Yogurt & Homemade Muffin Fruit, Juice & Milk

Lunch

Cheeseburger on Bun French Fries Glazed Carrots Fruit Choice Milk



Thursday, January 19

Breakfast

French Toast Sticks & Syrup Fruit, Juice & Milk

Lunch

Cheese or Pepperoni Pizza Pizza Sticks w/ dipping sauce Dark Green Broccoli Corn Fruit Choice Milk

Friday, January 20

Breakfast

Breakfast Toast Fruit, Juice & Milk

Lunch

Toasted Ham & Cheese Toasted Cheese Sandwich Homemade Soup Green Beans Fruit Choice Milk

Monday, January 23

Breakfast

Breakfast Pizza Fruit, Juice & Milk

Lunch

Mozzarella Sticks w/ Sauce **Glazed Carrots** Green Beans Fruit Choice Milk

Tuesday, January 24

Breakfast

PBI Gramwich Fruit, Juice & Milk

Lunch

Macaroni & Meat Sauce w/ Garlic Bread Dark Green Broccoli Corn Fruit Choice Milk

Wednesday, January 25

Breakfast

Yogurt & Homemade Muffin Fruit, Juice & Milk

Lunch

Pancakes, Sausage & Syrup Hash Brown Potatoes Glazed Carrots Fruit Choice Milk

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

Thursday, January 26

Breakfast

Bagel & Cream Cheese Fruit, Juice & Milk

Lunch

Cheese or Veggie Supreme Pizza OR Pizza Sticks w/ **Dipping Sauce Tender Peas** Fresh Veggies Fruit Choice Milk

Friday, January 27

Breakfast

Iced Donut Ring w/Sprinkles Fruit, Juice & Milk

Lunch

Chicken Burger on Bun **Sweet Potato Fries** Bush's Best Baked Beans Fruit Choice Milk

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.



Available Daily **Breakfast** Cereal & Toast

Lunch

PBJ Sandwich & String Cheese

JANUARY 17-20

Yogurt, String Cheese & Pretzel JANUARY 23-27

Egg Salad Sandwich

JANUARY 30-31

Chicken & Lettuce Wrap

Monday, January 30

Breakfast

Breakfast Pizza Fruit, Juice & Milk

Lunch

Nacho Bowl w/ Salsa & Rice Refried Beans Green Beans Fruit Choice Milk

Tuesday, January 31

Breakfast

Scrambled Eggs w/ Sausage & Toast Fruit, Juice & Milk

Lunch

Popcorn Chicken w/ Sweet & Sour Sauce Mashed Potatoes & Gravy Glazed Carrots Fruit Choice Milk