





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



Welcome Back! We hope you enjoyed youz bzeak!

Tuesday, January 3

Lunch Entrée

Pork BBO Flatbread Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans Fresh Orange Wedges

1% or Fat Free White Milk

Wednesday, January 4

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes 1/2 Fresh Banana

1% or Fat Free White Milk

Thursday, January 5

Lunch Entrée

Chicken Patty on WG Bun

Lunch Sides

(All Included)

California Vegetable Medley Diced Peaches

1% or Fat Free White Milk

Friday, January 6

Lunch Entrée

Fun Fish Nuggets w/Corn Muffin

Lunch Sides (All Included)

Crinkle Cut Oven Fries Fresh Apple Slices

1% or Fat Free White Milk

WEEKLY BREAKFAST MENUS

JANUARY 3-6, 17-20 & 30-31

MONDAY: BREAKFAST CHICKEN SLIDER

TUESDAY: CEREAL & STRING CHEESE

WED: PILLSBURY WG MINI PANCAKES

THURSDAY: CEREAL & ELF GRAHAMS

FRI: YOGURT & GOLDFISH GRAHAMS

Monday, January 9

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included) Lima Beans

Diced Strawberries

1% or Fat Free White Milk

Tuesday, January 10

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides (All Included)

Seasoned Pinto Beans Fresh Apple Slices

1% or Fat Free White Milk

Wednesday, January II

Lunch Entrée

Shrimp Poppers

Lunch Sides (All Included)

Green Beans

Mixed Fruit

1% or Fat Free White Milk

Thursday, January 12

Lunch Entrée

Chicken Nuggets

Lunch Sides (All Included)

Steamed Broccoli **Applesauce**

1% or Fat Free White Milk

Friday, January 13

Lunch Entrée

Pizza Crunchers

Lunch Sides (All Included)

California Vegetable Medley **Diced Strawberries**

1% or Fat Free White Milk

JANUARY 10-13 & 23-27

MONDAY: CEREAL & STRING CHEESE

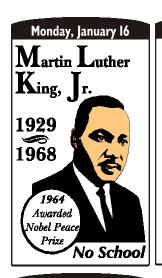
TUESDAY: WG MUFFIN & YOGURT

WED: PILLSBURY WG MINI CINNIS

THURSDAY: PANCAKE & SAUSAGE BITES

FRIDAY: CEREAL & ELF GRAHAMS

BREAKEAST INCLUDES: MILK & FRUIT JUICE



Tuesday, January 17

Lunch Entrée

Pizza Dippers w/Marinara Sauce

Lunch Sides

(All Included)

Romaine Garden Salad
Diced Strawberries

1% or Fat Free White Milk

Wednesday, January 18

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
1/2 Fresh Banana

1% or Fat Free White Milk

Thursday, January 19

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Fresh Broccoli Salad Diced Peaches

1% or Fat Free White Milk

Friday, January 20

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Crunchy Baby Carrots
Applesauce

1% or Fat Free White Milk



Monday, January 23

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)
Golden Sweet Corn
Diced Strawberries

1% or Fat Free White Milk

Tuesday, January 24

Lunch Entrée

Chicken Tenders

Lunch Sides

(All Included)

Seasoned Pinto Beans Fresh Apple Slices

1% or Fat Free White Milk

Wednesday, January 25

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mixed Fruit

1% or Fat Free White Milk

Thursday, January 26

Lunch Entrée

Hearty Harvest Stew

Lunch Sides

(All Included)

Romaine Garden Salad
Applesauce

1% or Fat Free White Milk

Friday, January 27

<u>Lunch Entrée</u>

Hot Ham & Cheese Flatbread

Lunch Sides

(All Included)

Campbell's Tomato Soup
Diced Peaches

1% or Fat Free White 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!)

A: The food is broccoli and the person is 17-time pro wrestling champion and actor Dwayne "The Rock" Johnson!

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

Monday, January 30

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Three Bean Chili

Crispy Tater Coins

1% or Fat Free White Milk

Tuesday, January 31

Lunch Entrée

Pork BBQ Flatbread Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans Fresh Orange Wedges

1% or Fat Free White Milk

NUTRITION 7050

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

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.

