





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 Romaine Garden Salad **Diced Pears**

1% or Fat Free Milk

Wednesday, January 4

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Crispy Tater Coins "Sunset Sip" V-blend luice

Fresh Whole Banana

1% or Fat Free Milk

Thursday, January 5

Lunch Entrée

Chicken Patty on WG Bun

Lunch Sides

(All Included)

Green Beans Romaine Garden Salad

Diced Peaches

1% or Fat Free Milk

Friday, January 6

Lunch Entrée

Pizza Slice

Lunch Sides (All Included)

Crinkle Cut Oven Fries Steamed Carrots

Applesauce

1% or Fat Free Milk

WEEKLY BREAKFAST MENUS

MONDAY: BREAKFAST CHICKEN SLIDER

WED: KELLOGG'S WG MINI PANCAKES

THURSDAY: CEREAL & VANILLA GRAHAMS

Monday, January 9

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Campbell's Tomato Soup Romaine Garden Salad

1% or Fat Free Milk

Diced Pears

Tuesday, January 10

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides (All Included)

Seasoned Pinto Beans **Sweet Potatoes**

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, January II

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, January 12

Lunch Entrée

Hearty Harvest Stew w/Bread Sticks

Lunch Sides

(All Included)

V-blend luice

Romaine Garden Salad **Applesauce**

1% or Fat Free Milk

Friday, January 13

Lunch Entrée

Hot Ham & Cheese Flatbread

Lunch Sides (All Included)

Campbell's Tomato Soup **Crispy Tater Coins**

Diced Peaches

1% or Fat Free Milk

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

TUESDAY: CEREAL & STRING CHEESE

FRI: YOGURT & VANILLA GRAHAMS

JANUARY 10-13 & 23-27

MONDAY: CEREAL & STRING CHEESE

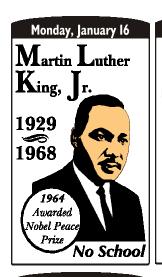
TUESDAY: WG MUFFIN & YOGURT

WED: PILLSBURY WG FRUDEL

THURSDAY: PANCAKE & SAUSAGE BITES

FRIDAY: CEREAL & VANILLA GRAHAMS

BREAKFAST INCLUDES: MILK. FRUIT JUICE & 1 SERVING OF FRUIT



Tuesday, January 17

Lunch Entrée

Pork BBQ Flatbread Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans Romaine Garden Salad Diced Pears

1% or Fat Free Milk

Wednesday, January 18

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Crispy Tater Coins

"Sunset Sip" V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Thursday, January 19

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Diced Peaches

1% or Fat Free Milk

Friday, January 20

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Steamed Carrots
Crinkle Cut Oven Fries
Applesauce

1% or Fat Free Milk



Monday, January 23

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Campbell's Tomato Soup
Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, January 24

Lunch Entrée

Meatball Sub

Lunch Sides

(All Included)

Seasoned Pinto Beans
Sweet Potatoes

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, January 25

Lunch Entrée

Grilled Chicken Fillet on WG Bun

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, January 26

Lunch Entrée

Chicken Nuggets w/Bread Stick

Lunch Sides

(All Included)

Romaine Garden Salad

V-blend Juice

Applesauce

1% or Fat Free Milk

Friday, January 27

<u>Lunch Entrée</u>

Hot Ham & Cheese Flatbread

Lunch Sides

(All Included)

Campbell's Tomato Soup
Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

RROC

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

Applesauce

1% or Fat Free Milk

Tuesday, January 31

Lunch Entrée

Pork BBO Flatbread Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans Romaine Garden Salad

1% or Fat Free Milk

Diced Pears

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.

