

JANUARY

Breakfast Lunch

Monday, January 6th

No School

Tuesday, January 7th

Egg & Cheese Muffin Frito Pie - Chili, Cheese, Corn Lettuce, Salsa, Sour Cream

Wednesday, January 8th

Cinnamon Toast Crunch Cereal, Cheese String Oven Fried Chicken Tator Tots w/ Ketchup Broccoli, Dinner Roll

Thursday, January 9th

Maple Pancake Chicken Sausage Turkey Tacos w/ Tortillas Salsa, Cheese, Lettuce, Corn

Friday, January 10th

Cinnamon Rolls w/ Icing Hot Dog w/ Chili, French Fries, Ketchup, Mustard



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

Kicking You Cold to the Curb

It's that time of year again-cold and flu season. But how do we defend against those unwanted germs? The best defense is a good offense. Here are some ways to nip those colds in the bud before they get a chance to start:



- ◆ **Healthy eating:** Try to eat fruits and vegetables daily. This is a great way to take in needed vitamins and minerals.
- ◆ **Know your vitamins:** Eating foods high in vitamin C, vitamin E, and B vitamins will help you build up your immunity and energy to fight off any unwelcome colds this year.
- ◆ **Preventative care:** Getting a flu shot every year and taking a multivitamin will be an extra layer of protection.
- ◆ **Get your rest:** Make sure you are getting adequate sleep every night to help your body decompress and rejuvenate for the next day.
- ◆ **Reduce your stress:** Finding ways to de-stress is very important. Try to find activities that help you relax; (e.g: meditating, reading a book, writing in a journal, or watching a movie)
- ◆ **Stay active:** Staying active is a way to de-stress after your day at work or school and release any tensions. This will also keep your body fit and strong.

Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, January 13th

Cinnamon Toast Crunch Cereal, Cheese String Meatball Marinara on Ciabatta, Steamed Corn

Tuesday, January 14th

Breakfast Sausage Sandwich Chicken Tenders, Potato Wedges w/ Ketchup Carrots w/ Ranch

Wednesday, January 15th

Blueberry Muffin Cheese String BBQ Chicken Thigh Mac & Cheese, Baked Beans, Green Beans

Thursday, January 16th

Maple Pancake Chicken Sausage Sandwich Spaghetti and Meat Sauce Broccoli, Breadstick

Friday, January 17th

French Toast Sticks Chicken & Sausage Gumbo, Rice, Salad Tomatoes, Crackers



► *Available Daily*

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, January 20th

No School

Tuesday, January 21st

Egg and Cheese Muffin Hamburger w/ French Fries
Ketchup, Mayo, Dressing Cup

Wednesday, January 22nd

Banana Muffin Herb Roasted Chicken
Cheese String w/ Rice and Gravy, Peas
Salad w/ Carrots, Biscuit

Thursday, January 23rd

Chicken Biscuit Cheese Pizza, Salad w/
Carrots

Friday, January 24th

Cinnamon Rolls Lasagna
w/ Icing Green Beans



Enjoy a Healthy Holiday

January is Fiber Focus Month. Fiber is a carbohydrate that our bodies cannot digest. Fiber helps us to regulate our bodies sugars and helps to keep our hunger in check. It is recommended to consume 20 to 30 grams of fiber a day, however most Americans only take in about 15 grams. Fiber can come in two forms: Soluble and Insoluble. Soluble fiber helps us to lower our glucose levels and lower our bad cholesterol. Some examples are: oatmeal, nuts, beans, and apples. Insoluble fiber helps move food through the digestive system and helps prevent constipation. Some examples are whole wheat bread, brown rice, legumes, and cucumbers.



Some ways you can increase your fiber are by:

- 1) Eating a diet rich in whole fruits and fruit juices
- 2) Eating more whole grain foods like brown rice and WG pasta instead of white rice or white bread
- 3) Eating more raw vegetables like cucumbers and tomatoes instead of chips and candy
- 4) Incorporating more beans and legumes into your diet instead of red meats.

**January 1st
Through
January 3rd**



**WINTER
BREAK
NO SCHOOL!**

Breakfast Lunch

Monday, January 27th

Cinnamon Toast Crunch Cereal, Cheese String Red Bean & Rice
Cornbread, Carrots /w Ranch

Tuesday, January 28th

Breakfast Sausage Sandwich Spaghetti & Meatballs
Broccoli, Breadstick

Wednesday, January 29th

Blueberry Muffin Salisbury Steak w/ Gravy
Cheese String Rice, Green Beans,
Salad w/ Carrots

Thursday, January 30th

Maple Pancake Cheeseburger Mac, Corn
Chicken Sausage Sandwich Carrots w/ Ranch, Cookie

Friday, January 31st

French Toast Sticks Pepperoni Pizza, Salad
w/ Carrots
Pork Alt: Cheese Pizza

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