

JANUARY

Breakfast Lunch

Monday, January 6th

No School

Tuesday, January 7th

Chicken and Maple Waffles	Frito Pie - Chili, Cheese Sour Cream, Corn, Rice, Biscuit
	Chicken Ranch Sandwich
	Hot Dog w/ Chili

Wednesday, January 8th

Yogurt w/ Granola	Oven Fried Chicken
	Tator Tots w/ Ketchup
	Broccoli, Biscuit
	Pepperoni Pizza
	Chicken Ranch Wrap

Thursday, January 9th

Grits w/ Butter Sausage Links	Turkey Tacos w/ Chili, Salsa
	Cheese, Lettuce, Corn, Rice
	Meatball Sub Ciabatta
	Honey Mustard Chicken Sandwich

Friday, January 10th

Cinnamon Rolls w/ Icing	Hot Dog w/ Chili
	French Fries w/ Ketchup
	Turkey & Cheese Ciabatta
	Southwest Salad



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.

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

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

Egg & Cheese Muffin	Meatball Marinara on Ciabatta, Steamed Corn
	Chicken Ranch Sandwich
	Baked Potato w/ Chili & Sour Cream

Tuesday, January 14th

Scrambled Eggs Biscuit w/ Jelly	Chicken Tenders, Potato Wedges w/ Ketchup
	Carrots w/ Ranch Biscuit
	Turkey & Cheese Panini
	Garden Salad w/ Ham

Wednesday, January 15th

Blueberry Muffin	BBQ Chicken Thigh
	Mac & Cheese, Baked Beans, Green Beans, Biscuit
	Hamburger, Dressing Cup
	Hot Dog w/ Chili

Thursday, January 16th

Maple Pancake Chicken Sausage Sandwich	Spaghetti and Meat Sauce
	Broccoli, Breadstick
	Honey Mustard Chicken Sandwich
	Chicken Parm Panini

Friday, January 17th

French Toast Sticks	Chicken & Sausage Gumbo
	Rice, Salad w/ Tomatoes
	Wheat Crackers, Pepperoni Pizza
	Buffalo Chicken Wrap

► *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

Maple Pancake	Hamburger w/ French
Chicken Sandwich	Fries, Dressing Cup
	Turkey & Cheese Panini
	Chicken Ranch Wrap

Wednesday, January 22nd

Banana Muffin	Herb Roasted Chicken
	w/ Rice and Gravy, Peas
	Salad w/ Carrots, Biscuit
	Hamburger Dressing Cup
	Hot Dog w/ Chili & Cheese

Thursday, January 23rd

Grits w/ Butter	Cheese Pizza
Sausage Links	Salad w/ Carrots, Corn
	BBQ Chicken Sandwich
	Meatball Sub Ciabatta

Friday, January 24th

Cinnamon Rolls	Lasagna, Green Beans
w/ Icing	Pepperoni Pizza
	Chicken Caesar Salad

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.

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**January 1st
Through
January 3rd**



Breakfast Lunch

Monday, January 27th

Egg and Cheese Muffin	Red Bean & Rice
	Cornbread, Carrots /w Ranch
	Cheese Pizza
	California Salad

Tuesday, January 28th

Scrambled Eggs	Spaghetti & Meatballs
Biscuit w/ Jelly	Broccoli, Breadstick
	Honey Mustard Chicken
	Sandwich
	Chicken Parm Panini

Wednesday, January 29th

Blueberry Muffin	Salisbury Steak w/ Gravy
Cheese String	Rice, Green Beans,
	Salad w/ Carrots
	Cheeseburger
	Chicken Ranch Wrap

Thursday, January 30th

Grits w/ Butter	Cheeseburger Mac, Corn
Turkey Sausage Links	Carrots w/ Ranch, Cookie
	Hamburger Dressing Cup
	Hot Dog w/ Chili & Cheese

Friday, January 31st

French Toast	Pepperoni Pizza, Salad
Sticks	w/ Carrots
	Turkey & Cheese Ciabatta
	Southwest Salad

