



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WINTER BREAK, NO SCHOOL	3 WINTER BREAK, NO SCHOOL	4 Strawberry Nutri-Grain Bar with String Cheese Diced Peaches Italian Flatbread Cheese Pizza Fresh Tomatoes Tropical Fruit	5 Chicken Biscuit Clementine Oranges Oven Baked Chicken with a Dinner Roll Mashed Potatoes Diced Pears	6 Honey Bun Strawberry Kiwi Juice Cheesy Max Sticks with Marinara Sauce Cascade Garden Salad Mandarin Oranges
9 Strawberry Pop Tart & String Cheese Apple Juice Bean & Cheese Burrito Buttery Corn Diced Peaches	10 Mini Pancakes Applesauce Teriyaki Chicken with Brown Rice Cauliflower Bites with Ranch Pineapple	11 Turkey Ham & Cheese Breakfast Sandwich Grape Juice Personal Pan Pizza Baked Vegetarian Beans Wild Cherry Fruit Cup	12 Cinnamon Roll Ocean Spray Craisins Fresh Fruit & Yogurt Plate with a Chocolate Chip Muffin Top Mixed Vegetables Diced Pears	13 Breakfast Burrito Mandarin Oranges Fish Nuggets with Macaroni & Cheese Glazed Carrots Apples
16 MARTIN LUTHER KING JR./ CIVIL RIGHTS DAY, NO SCHOOL	17 Rolled Breakfast Taco Ocean Spray Craisins Chicken Strips with a Dinner Roll Baby Bakers Orange Smiles	18 Pumpkin Bread Fresh Apple Slices BRUNCH FOR LUNCH French Toast & Sausage Hash Browns 100% Juice	19 Sausage in a Blanket Clementine Oranges Beef Soft Tacos Refried Beans Orange Pineapple Fruit Cup	20 Apple Fruit Pocket Strawberry Kiwi Juice Homemade Cheeseburger Mac with a Baked Breadstick Cascade Garden Salad Tropical Fruit
23 Cherry Frudel Apple Juice Chicken Nuggets with a Dinner Roll Potato Starz Diced Pears	24 Maple Pancake Sausage Stack Applesauce Orange Chicken with Brown Rice Broccoli Bites with Ranch Diced Peaches	25 French Toast Sticks Grape Juice Pizzeria Style Pepperoni Pizza Baby Carrots with Ranch Mandarin Oranges	26 Breakfast Sandwich Ocean Spray Craisins Rib a Que Sandwich Pinto Beans with Green Chiles Strawberry Pomegranate Fruit Cup	27 Cinnamon Mini Bagels Sunmaid Raisins Homemade Spaghetti with Cheese Sticks Green Beans Pineapple
30 Blueberry Muffin Top Ocean Spray Craisins Popcorn Chicken with a Dinner Roll Potato Tots Cinnamon Applesauce	31 Sausage & Cheese Bagel Sandwich Banana Taco Nachos Sliced Cucumbers Orange Smiles	1	2	3

Everyday Favorites

MONDAYSCheeseburger
 TUESDAYS.....All Beef Hot Dog
 WEDNESDAYS..... Grilled Cheese Sandwich
 THURSDAYS.....Mini Corn Dogs
 FRIDAYS..... Chicken Sandwich

Fresh Express Served Daily

MONDAYS..... Ham & Cheese Lunch Pack
 TUESDAYS..... Turkey Club Sandwich with Cheddar Cheese Crackers
 WEDNESDAYS..... Chef Salad with a Dinner Roll
 THURSDAYS..... Spicy Chicken Wrap
 FRIDAYS..... Tuna Salad Sandwich with Goldfish Crackers

Menu Morsel

Winter is here! Take the chill off with one of our home style meals. On January, 5th we will be serving *Oven Baked Chicken* with *Mashed Potatoes* and a *Dinner Roll*. Students also love our *Homemade Spaghetti* with *Mozzarella Cheesesticks*, our hearty *Homemade Cheeseburger Mac* with a *Baked Breadstick*, and *Crispy Fish Nuggets* with *Homemade Macaroni & Cheese!* These student favorites are made from scratch in our central kitchens and served with a smile! Balance out your meal by adding fresh fruit, veggies and milk!

School meal prepayments can be made at www.MySchoolBucks.com or by calling 1-855-832-5226.

OFFERED DAILY AT LUNCH
 Fat Free, 1% White, or
 Fat Free Chocolate Milk,
 Peanut Butter & Jelly Sandwich

***BREAKFAST PRICES**
 Reduced No Charge
 One Day Regular \$1.25
 Five Day Regular \$6.25
***BREAKFAST NOT SERVED AT ALL SCHOOLS**

LUNCH PRICES
 One Day Reduced \$.40
 Five Day Reduced \$ 2.00
 One Day Regular \$ 1.95
 Five Day Regular \$ 9.75

Harvest of the Month

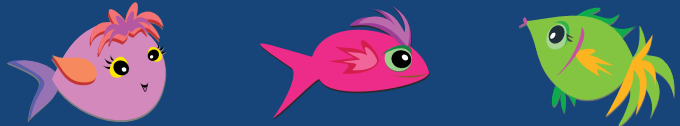
Grapes

Every lunch includes a trip to the Garden Spot!
 Check out the back of the menu for a great recipe.

Did You Know...

Fish is Good Food

Eating fish is good for you! Fish contain what's called omega-3 fatty acids. These are needed by our bodies, but since our bodies cannot make them, we need to eat foods with them regularly. Fish are also good sources of protein and other nutrients. Children should try and eat up to 8 ounces of fish a week. Some examples of fish to include are tuna, tilapia and salmon. Some safety tips: avoid fish like shark, swordfish and tilefish because these fish are high in mercury. Also, it's best for children to avoid raw or partially cooked fish. Try grilling, broiling, roasting or baking fish with different herbs and spices like dill, paprika, chili powder and cumin to start adding this healthy food to your diet.



Harvest of the Month



Grapes

Grapes are a delicious and versatile fruit. They come in many colors: red, green, golden, purple, blue and even black! Grapes are loaded with antioxidants known as polyphenols which may slow or prevent many types of cancer. Grab a bunch of grapes the next time you need a quick, healthy snack!

Ingredients

- 1 package (8 oz) cream cheese, softened
- 1 cup (8 oz) sour cream
- 1/3 cup sugar
- 2 tsp vanilla extract
- 2 lbs seedless red grapes
- 2 lbs seedless green grapes
- 3 TBSP brown sugar
- 3 TBSP chopped pecans

Directions

1. In a large serving bowl, beat the cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat.
2. Transfer to a serving bowl. Cover and refrigerate. Sprinkle with brown sugar and pecans just before serving.



Source: www.tasteofhome.com/recipes/creamy-grape-salad

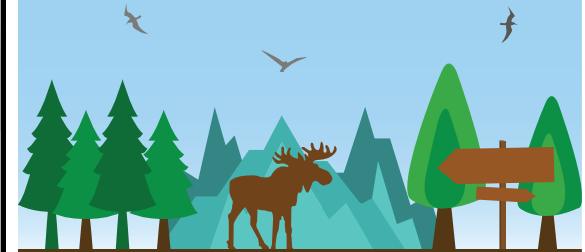
NUTRITION NEWS



Whole Grains

January is Oatmeal Month! Oatmeal is one of the most simple and nutritious foods you can eat. Interestingly, we buy more oats in January than in any other month. Oats are unique compared to other grains because they almost never have their bran and germ removed in processing, which means you are getting a whole grain when you eat oatmeal. Oats help you feel fuller longer and are higher in protein and healthy fats than other grains. Oats come in different varieties and can be used in a number of different ways. The easiest way to eat oats is to make a bowl of oatmeal and add in any toppings that sound good like dried fruit, nuts or even mini-chocolate chips. For more information on oats, visit <http://wholegrainscouncil.org/>.

Let's Move It!



Happy New Year! With the holiday season behind you, it's time to set a couple physical activity goals for yourself. It's also a great time to invite someone, either a family member or a friend, to join you as you get fit in the New Year. Remember to make your goals both realistic and fun! Here are some physical activity suggestions to get you started:

- *Go for a walk around a new park or neighborhood*
- *Try an early morning hike with your family*
- *Start a sports challenge with your family or friends (how many free throws can you make?)*
- *Plan at least one new activity for you and your family to try per month*

