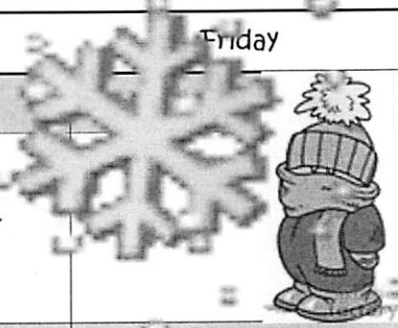


January 2019 Menu

Happy New Year !

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Dec. 21, 2018 - Jan. 4, 2019	2	3	
<i>Winter</i>				
7	8	9	10	11
Finger Steaks Potato Tots Fresh or Canned Fruit Healthy Choice Bar	Cheese Yum Yum Carrot Sticks Fresh or Canned Fruit Healthy Choice Bar	Pepperoni Rippers Tossed Green Salad Fresh Or Canned	Cheeseburger Baked Beans Fresh or Canned Fruit Healthy Choice Bar	Fish & Chips Fresh or Canned Fruit Healthy Choice Bar Brownie
14	15	16	17	18
Corn Dog Potato Wedges Baby Carrots & Peas Fresh or Canned Fruit	Pulled Pork Sandwich Fiesta Beans Fresh or Canned Fruit Healthy Choice Bar	Idaho Haystacks Fresh or Canned Fruit Condiment Bar	Chicken Tenders Cheesy Potato Green Beans Fresh or Canned Fruit Condiment Bar	Deli Sandwich Fresh or Canned Fruit Fresh Veggie Sticks Condiment Bar Cookie
21	22	23	24	25
NO SCHOOL ! Martin Luther King Jr. Day	Hot Dog Pork & Beans Fresh or Canned Fruit Healthy Choice Bar	Burrito Seasoned Corn Fresh or Canned Fruit Healthy Choice Bar	Macaroni Cheese Mixed Veggies Fresh or Canned Fruit Healthy Choice Bar	Cheese Pizza Tossed Green Salad Fresh Or Canned Fruit Cookie
28	29	30	31	
"Breakfast for lunch" French Toast Sticks Scrambled Eggs Strawberries Hash browns Carrot Sticks	Pork Chop BBQ Baked Beans Fresh or Canned Fruit Healthy Choice Bar	Soft Taco Spanish Rice Veggie sticks Fresh or Canned Fruit Healthy Choice Bar	Turkey Gravy Mashed Potatoes W.W. Roll Winter Blend Veggies Fresh or Canned Fruit	



Research shows children copy the behavior of adults in their life. If parents are physically active, the children will be active too. Exercise burns calories, which assist in maintain-

Fresh Fruit, 1% White Milk and Fat Free Chocolate offered daily!

