



**Make this the year you eat more fruits and veggies. And let us help!**

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Breakfast**

LF Milk,  
100% Fruit Juice and Fruit Served Daily.

**Lunch**

Students must select 1 or 2 vegetables  
Student must select 1 Fruit  
Snack Attacks Served Daily

**Menu Subject to change due to availability**

**Monday, January 14**

**Breakfast**

Mini Pancakes  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Turkey & Cheese Sub  
Potato Wedges  
Mixed Vegetables  
Fresh Broccoli w/dip  
Fresh Grapes  
Applesauce

**Tuesday, January 15**

**Breakfast**

French Toast  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Beef Taco w/ lettuce, cheese, tomatoes  
Black Beans  
Corn  
Diced Peaches  
Fresh Apples

**Wednesday, January 16**

**Breakfast**

Sausage Biscuits  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Dutch Waffles  
Chicken Tenders  
Tater Tots  
Glazed Carrots  
Pineapple Tidbits  
Mixed Fruit

**Thursday, January 17**

**Breakfast**

Pancake Wrap  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Spaghetti w/ Garlic Bread  
Green Beans  
Garden Salad  
Tomato Wedges  
Strawberry Cups  
Sliced Oranges

**Friday, January 18**

**Breakfast**

Breakfast Pizza  
Pop-tarts (K-5)  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Cheeseburger  
Baked Beans  
French Fries  
Applesauce  
Banana

**Monday, January 21**

Schools are Closed in Observance Of Martin Luther King Jr. Day

See you Tuesday!

**Tuesday, January 22**

**Breakfast**

Chicken Biscuit  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Sweet N Sour Chicken  
Vegetable Fried Rice  
Steamed Broccoli  
Glazed Carrots  
Dice Pears  
Mixed Fruit

**Wednesday, January 23**

**Breakfast**

Pancake Wrap  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Beef-a-roni w/ Garlic Stick  
Garden Salad  
Carrot Cup  
Pineapple Tidbits  
Apples

**Thursday, January 24**

**Breakfast**

Breakfast Pizza  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Salisbury Steak  
Mashed Potatoes  
Baked Beans  
Mixed Fruits  
Applesauce

**Friday, January 25**

**Breakfast**

Cereal  
Pop-tarts (K-5)  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Pizza  
Garden Salad  
Corn  
Cucumber  
Fresh Grapes  
Diced Peaches

**Monday, January 28**

Schools are Closed for Students.

Staff Day

See you Tuesday!

**Tuesday, January 29**

**Breakfast**

French Toast  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Cheeseburger  
French Fries  
Carrots  
Diced Peaches  
Fresh Apple

**Wednesday, January 30**

**Breakfast**

Sausage Biscuits  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Chicken Nuggets w/roll  
Green Beans  
Mashed Potatoes  
Pineapple Tidbits  
Mixed Fruit

**Thursday, January 31**

**Breakfast**

Pancake Sausage Wrap  
Fruit/Fruit Juice  
LF Milk

**Lunch**

Hot Dogs  
Baked Beans  
Coleslaw  
Strawberry cup  
Sliced Oranges