

3	4	5	6	7
Ham & Cheese Sandwich Cheese Ravioli (V) Chicken Nuggets ~~~~~ Mixed Vegetables, Baby Carrots, Caesar salad, Fresh Apples, Diced Peaches	Classic Ham & Cheese Sandwich Chef Salad Cheeseburger Italian Dunkers (V) ~~~~~ Baked Beans, Fresh Broccoli, Garden Salad, Diced Pears & Oranges Smiles	Chef Salad Turkey and Cheese Sandwich Pepperoni Pizza Hot Dog ~~~~~ Roasted Broccoli & Carrots, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	Bento Box Fruit and Yogurt Parfait Crispy Chicken Sandwich Taco Quesadilla ~~~~~ Tater Tot Hash, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	Turkey & Cheese Sandwich Chef Salad Frito Chili Pie Steak Fingers ~~~~~ Mashed Potatoes w/ Gravy, Green Beans, Baby Carrots, Super Salad, Cinnamon Swirled Apples & Fresh Bananas

Fresh Pick of the Month: Pears!

10	11	12	13	14
Yogurt & Fruit Parfait (V) Ham and Cheese Sandwich Italian Meatball Sub Homestyle Cheese Pizza (V) ~~~~~ Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	Italian Deli Sandwich Chicken Caesar Salad Giant Beef Taco Spaghetti with Meat Sauce ~~~~~ Tater Tots, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	Fiesta Salad Sunbutter & Jelly Sandwich Sweet & Sour Chick'n with Rice (V) Hot Dog ~~~~~ Roasted Broccoli & Carrots, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	Crispy Chicken Wrap Turkey and Cheese Sandwich Taco Nachos Italian Dunkers (V) ~~~~~ Aztec Corn, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	Bento Box Yogurt and Fruit Parfait BBQ Chicken Sandwich Chicken Nuggets & Garlic Knot ~~~~~ Mashed Potatoes & Gravy, Baby Carrots, Super Salad, Cinnamon Swirled Apples & Fresh Bananas

Local ingredients used when seasonally available

17	18	19	20	21
No School ~~~~~	Chicken Caesar Salad Ham and Cheese Sandwich Glazed Chicken Drumstick Walking Nachos ~~~~~ Aztec Corn, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	Turkey & Cheese Sandwich Fiesta Salad Crispy Chicken Sandwich Baked Penne Pasta (V) ~~~~~ Potato Wedges, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	All American Sandwich Crispy Chicken Wrap Parmesan Chicken Mini Corn Dogs ~~~~~ Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	All American Sandwich Fruit and Yogurt Parfait Chicken Enchilada Suiza Cheese Pizza (V) ~~~~~ Roasted Broccoli & Carrots, Baby Carrots, Super Salad, Cinnamon Swirled Apples & Fresh Bananas

Variety of fat free and low fat milk are offered daily

24	25	26	27	28
Bento Box Ham and Cheese Sandwich Classic Mac & Cheese (V) Black Bean Burger ~~~~~ Roasted Broccoli, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	Chef Salad All American Sandwich Chicken Alfredo Mac Beefy Tot'chos ~~~~~ Mixed Vegetables, Fresh Broccoli, Garden Salad, Fresh Oranges & Diced Pears	Classic Ham & Cheese Sandwich Sunbutter & Jelly Sandwich Popcorn Chicken Bowl Hot Dog ~~~~~ Baked Beans, Fresh Broccoli, Super Salad, Applesauce & Fresh Bananas	Yogurt & Fruit Parfait (V) Chicken Caesar Salad Spaghetti with Meatballs Teriyaki Chicken Rice Bowl ~~~~~ Roasted Broccoli & Carrots, Baby Carrots, Garden Salad, Fresh Oranges & Mixed Fruit	Crispy Chicken Wrap All American Sandwich Goopy Grilled Cheese Sandwich Cheese Pizza (V) ~~~~~ Sweet Potato Fries, Celery Sticks, Super Salad, Cinnamon Swirled Apples & Fresh Bananas

(V) denotes vegetarian friendly item

31				
Pizza Bento Box Turkey and Cheese Sandwich Crispy Chicken Sandwich Breakfast 4 Lunch: Pancakes & Scrambled Eggs(V) ~~~~~ Tater Tots, Baked Cinnamon Apples, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches				

Menu subject to change based on product availability

This institution is an equal opportunity provider.

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3 Mini Cinnamon Bagels Chocolate Muffin Mixed Fruit	January 4 Bacon Scramble Breakfast Pizza Apple Pie Oats Baked Cinnamon Apples & Raisins	January 5 French Toast Sticks Apple Pie Oats Fresh Banana & Orange Smiles	January 6 Biscuit & Gravy Peaches n' Cream Oats Diced Peaches	January 7 Blueberry Mini Waffles Peaches n' Cream Oats Applesauce
January 10 Oatmeal Round Yogurt & Fruit Parfait Pop Tart Raisins	January 11 Pancakes Yogurt & Fruit Parfait Mixed Fruit	January 12 Biscuit & Gravy Yogurt & Fruit Parfait Pop Tart Fresh Banana & Orange Smiles	January 13 Tater Tot Burrito Yogurt & Fruit Parfait Pop Tart Diced Pears	January 14 Breakfast Pizza Yogurt & Fruit Parfait Pop Tart Orange Smiles
January 17 No School	January 18 Whole Grain Bagel Blueberry Muffin Diced Peaches	January 19 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	January 20 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	January 21 Cinnamon Roll Fruit & Yogurt Smoothie Raisins
January 24 American Breakfast Sandwich Yogurt & Fruit Parfait Raisins	January 25 Pancakes Yogurt & Fruit Parfait Diced Peaches	January 26 Oatmeal Round Yogurt & Fruit Parfait Bananas & Orange Smiles	January 27 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	January 28 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
January 31 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears				

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.

