



Get a Healthy Start to Your Day with School Breakfast!

Student Breakfast
FREE

Adult Breakfast
\$2.65

All Meals Served with Choice of:



Fresh or
Canned Fruit

1% Low Fat Milk
or Fat Free Milk



NUTRITION NEWS:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!



Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Slice of Banana Bread 100% Fruit Juice	3 String Cheese with Graham Crackers 100% Fruit Juice	4 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	5 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
8 Cereal Bar with Graham Crackers 100% Fruit Juice	9 Slice of Banana Bread 100% Fruit Juice	10 String Cheese with Graham Crackers 100% Fruit Juice	11 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	12 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
15 Martin Luther King Jr. Day School Closed	16 Slice of Banana Bread 100% Fruit Juice	17 String Cheese with Graham Crackers 100% Fruit Juice	18 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	19 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
22 Cereal Bar with Graham Crackers 100% Fruit Juice	23 Slice of Banana Bread 100% Fruit Juice	24 String Cheese with Graham Crackers 100% Fruit Juice	25 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	26 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
29 Cereal Bar with Graham Crackers 100% Fruit Juice	30 Slice of Banana Bread 100% Fruit Juice	31 String Cheese with Graham Crackers 100% Fruit Juice		

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"