



**3**  
**Breakfast:**  
 Turkey Sausage Breakfast Pizza  
**Lunch:**  
 Hot Sloppy Joe Sandwich  
 Italian Sub Sandwich  
 Fruit & Yogurt Parfait (v)  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Apple Wedges & Diced Peaches

**4**  
**Breakfast:**  
 Breakfast Bowl with Toast  
**Lunch:**  
 All American Hot Dog  
 Turkey Taco Salad with  
 WG Tortilla Chips  
 Sun Butter & Jelly Sandwich (v)  
**Fruit & Vegetable Bar**  
 Grape Tomatoes & Corn  
 Slushy Blueberries & Pineapple

**5**  
**Breakfast:**  
 Build-Your-Own Oatmeal Bowl (v)  
**Lunch:**  
 Cheesy Breadsticks with Marinara (v)  
 Crispy Chicken Wrap  
 Pinwheel Party Box  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Bananas & Applesauce

**6**  
**Breakfast:**  
 Glazed Cinnamon Roll (v) WG  
**Lunch:**  
 Homemade Cheese Pizza (v)  
 American Sandwich  
 Chicken Caesar Salad with WG Rolls  
**Fruit & Vegetable Bar**  
 Baby Carrots & Cucumber Slices  
 Fresh Pears & Slushy Strawberries

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

**9**  
**Breakfast:**  
 Mini Maple Waffles (v)  
**Lunch:**  
 Bean and Cheese Enchiladas (v)  
 Protein Power-Up Box  
**Fruit & Vegetable Bar**  
 Baby Carrots & Celery Sticks  
 Orange Smiles & Applesauce

**10**  
**Breakfast:**  
 Build Your Own Yogurt Bowl (v)  
**Lunch:**  
 Chicken Patty Sandwich  
 Sun Butter and Jelly Sandwich (v)  
 Greek Salad with WG Rolls  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Apple Wedges & Diced Peaches

**11**  
**Breakfast:**  
 Ham & Cheese Breakfast Sandwich  
**Lunch:**  
 Pork Posole with WG Tortilla Chips  
 Turkey & Cheese Sandwich  
 Chef Salad with WG Rolls  
**Fruit & Vegetable Bar**  
 Grape Tomatoes & Corn  
 Slushy Blueberries & Pineapple  
 Tidbits

**12**  
**Breakfast:**  
 Fruit & Yogurt Parfait (v)  
**Lunch:**  
 Rainbow Chili (v)  
 w/ Fritos  
 American Sandwich  
 Fruit & Yogurt Parfait (v)  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Banana, Kiwi, and Applesauce

**13**  
**Breakfast:**  
 Homemade Fruit Muffin (v)  
**Lunch:**  
 Homemade Cheese (v)  
 or Pepperoni Pizza  
 Southwest Chicken Wrap  
 Ham & Cheese Sandwich  
**Fruit & Vegetable Bar**  
 Baby Carrots & Cucumber Slices  
 Fresh Pears and Slushy Strawberries

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.



**17**  
**Breakfast:**  
 Blueberry Overnight Oats (v)  
**Lunch:**  
**Taco Tuesday:** Turkey Soft Taco  
 Sun Butter & Jelly Sandwich (v)  
 Chef Salad with WG Rolls  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Apple Wedges & Diced Peaches

**18**  
**Breakfast:**  
 Breakfast Bowl with Toast  
**Lunch:**  
 Chicken & Waffles  
 Ham & Cheese Sandwich  
 Fruit & Yogurt Parfait (v)  
**Fruit & Vegetable Bar**  
 Grape Tomatoes & UnCanny Corn  
 Slushy Blueberries & Pineapple  
 Tidbits

**19**  
**Breakfast:**  
 Homemade Breakfast Burrito  
**Lunch:**  
 Beefy Spaghetti Pasta  
 Chicken Caesar Salad with WG Rolls  
 Turkey & Cheese Sandwich  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Bananas, Kiwi, and Applesauce

**20**  
**Breakfast:**  
 Glazed Cinnamon Roll (v) WG  
**Lunch:**  
 Homemade Cheese (v)  
 or Pepperoni Pizza  
 Crispy Chicken Wrap  
 Sun Butter & Jelly Sandwich (v)  
**Fruit & Vegetable Bar**  
 Baby Carrots & Sliced Cucumbers  
 Fresh Pears & Slushy Strawberries

**23**  
**Breakfast:**  
 Apple Frudel (v)  
**Lunch:**  
 Fish & Chips  
 Turkey & Cheese Sandwich  
 Greek Salad w/WG Rolls  
**Fruit & Vegetable Bar**  
 Baby Carrots & Celery Sticks  
 Orange Smiles & Apple Sauce

**24**  
**Breakfast:**  
 Pancake Sausage on a Stick  
**Breakfast for Lunch:**  
 Waffle & Sausage  
 Fruit & Yo To Go Box (v)  
 Chef Salad w/ WG Rolls  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Apple Wedges & Diced Peaches

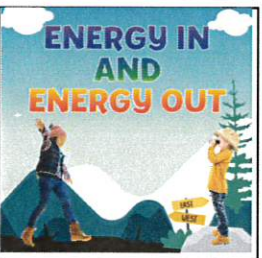
**25**  
**Breakfast:**  
 Egg & Cheese  
 Breakfast Sandwich (v)  
**Lunch:**  
 Bean and Cheese Nachos (v)  
 Buffalo Chicken Wrap  
 Italian Sub Sandwich  
**Fruit & Vegetable Bar**  
 Reg Grape Tomatoes  
 UnCanny Corn

**26**  
**Breakfast:**  
 Pancakes with Syrup (v)  
**Lunch:**  
 Baked Penne Pasta (v)  
 American Sandwich  
 Fruit & Yogurt Parfait (v)  
**Fruit & Veggie Bar**  
 Broccoli & Legumes  
 Bananas, Kiwi, Applesauce

**27**  
 TEACHER  
 IN-SERVICE  
 DAY

**30**  
**Breakfast:**  
 Egg & Cheese Quesadilla (v)  
**Lunch:**  
 Cheesy Breadsticks with Marinara (v)  
 Ham & Cheese Sandwich  
 Fruit & Yo To-Go Box (v)  
**Fruit & Vegetable Bar**  
 Baby Carrots & Celery Sticks  
 Orange Smiles & Applesauce

**31**  
**Breakfast:**  
 Pancake Bites  
 with Cinnamon & Sugar (v)  
**Lunch:**  
 Mini Cheese Ravioli with WG Roll (v)  
 Deli Stackables Box  
**Fruit & Vegetable Bar**  
 Broccoli & Legumes  
 Apple Wedges & Diced Peaches



(v) = meatless option

## 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>.

## Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

## Fresh Pick Recipe

### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¼ c Onion(medium dice)
- ¼ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.



**STUDENTS ARE ELIGIBLE  
FOR 1 FREE BREAKFAST AND 1 FREE LUNCH  
EVERY SCHOOL DAY!  
ALTERNATE MILK OPTIONS AVAILABLE WHEN NEEDED:  
SOY MILK & LACTOSE FREE MILK  
REQUEST MUST COME FROM A PARENT OR GUARDIAN  
CALL 541-830-6553**