

1 Winter Recess No School	2 Popcorn Chicken Bowl Italian Sub * Mashed Potatoes Steamed Corn Fresh or Chilled Fruit Assorted Milk	3 Breakfast For Lunch! Tuna Salad Sandwich * Orange Smiles Fresh or Chilled Fruit Assorted Milk	4 Chicken Patty Sandwich Taco Salad w/ Chips * Celery Sticks Fresh or Chilled Fruit Assorted Milk	5 Cheese OR Pepperoni Pizza Chef Salad w/ Breadstick * Tomato & Cucumbers Fresh or Chilled Fruit Assorted Milk
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8 Chicken Tenders Chicken Salad Sandwich * Sweet Potato Strings Fresh or Chilled Fruit Assorted Milk	9 Meatball Sub Bologna & Cheese * Garden Salad Fresh or Chilled Fruit Assorted Milk	10 Ham, Egg, & Cheese Bagel Greek Salad w/ Breadstick * Baked Beans Fresh or Chilled Fruit Assorted Milk	11 Hot Dog on Bun Charlie Tuna Salad w/ Breadstick * Baked Cinnamon Apples Fresh or Chilled Fruit Assorted Milk	12 Cheese OR Pepperoni Pizza Greek Salad w/ Breadstick * Broccoli Fresh or Chilled Fruit Assorted Milk
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15 No School Martin Luther King Jr Day	16 Fun On Run! Sun Butter & Jelly Baby Carrots Fresh OR Chilled Fruit Assorted Milk	17 American Chop Suey Buffalo Chicken Salad w/ Breadstick * Garden Salad Fresh OR Chilled Fruit Assorted Milk	18 Zesty Orange Chicken Buffalo Chicken Wrap * Brown Rice Baby Carrots Fresh OR Chilled Fruit Assorted Milk	19 Cheese OR Pepperoni Pizza Turkey Club Wrap * Roasted Garbanzo Beans Fresh OR Chilled Fruit Assorted Milk
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22 Italian Dunkers w/ Marinara Chicken Caesar Wrap * Parmesan Green Beans Fresh OR Chilled Fruit Assorted Milk	23 General Tso Chicken Turkey & Cheese Sandwich * Brown Rice Steamed Broccoli Fresh OR Chilled Fruit Assorted Milk	24 Beef Soft Taco Lift Off Spinach Salad w/ Breadstick * Refried Beans Fresh OR Chilled Fruit Assorted Milk	25 Cheeseburger on Bun Chicken Caesar Salad w/ Breadstick * Butternut Squash Fresh or Chilled Fruit Assorted Milk	26 Cheese OR Pepperoni Pizza Chicken Caesar Wrap * Blue Ribbon Cole Slaw Fresh OR Chilled Fruit Assorted Milk
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29 Popcorn Chicken Ham & Cheese Sandwich * Sweet Potato Strings Fresh OR Chilled Fruit Assorted Milk	30 Hot Dog on Bun Egg Salad Sandwich * Baked Beans Fresh or Chilled Fruit Assorted Milk	31 Fun on the Run! Chicken BLT Salad w/ Breadstick * Red Pepper Strips Fresh or Chilled Fruit Assorted Milk		
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Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.

Cold Breakfast Menu

MONDAY:	Assorted Muffins
TUESDAY:	Cereal Bar
WEDNESDAY:	Breakfast Bar
THURSDAY:	Yogurt & Gram Cracker
FRIDAY:	Cereal & Gram Cracker

Menu Item Descriptions

Lift off Spinach Salad- Spinach, Boiled Eggs, Chickpeas, Carrots, Tomato, Mozzarella Cheese
 Chef Salad- Lettuce, Tomato, Cucumber, Cheese, Turkey, Ham, Egg
 Charlie Tuna Salad- Lettuce, Tuna Salad, Tomato, Cucumber
 Peppi Pizza Salad- Lettuce, Pepperoni, Ham, Cheddar, Tomato
 Asian Chicken Salad w/ Noodles- Lettuce, Chicken, Mandarin Oranges, Crunchy Noodles
 Greek Chicken Wrap- Chicken, Lettuce, Tomato, Chickpeas, Cucumbers, Olives, Tortilla
 Wrap Open Faced Turkey- Sliced Turkey on Bread w/ Gravy
 South West Wrap- Mexican Seasoned Chicken, Lettuce, Chipotle Mayo, Olives, Tomatoes,
 Cheddar Cheese Wrapped in Tortilla
 Pretzel Chicken Salad- Lettuce, Chicken, Apple, Cranberries, Strawberries, Honey Mustard
 Yogurt, Pretzel Goldfish
 Minnie Mouse Salad- Lettuce, Mozzarella Cheese, Tomato, Green Peppers
 Fun on the Run- Soft Pretzel, Yogurt, Cheese Stick & Fresh Fruit
 Breakfast For Lunch!- French Toast Sticks, Sausage, Home Fried Potatoes
 Sweet & Sour Chicken- Diced Chicken in Sweet & Sour Sauce
 Breakfast Egg Burrito- Scramble Eggs & Cheese Wrapped in a Flour Tortilla
 General Tso' Chicken- Breaded Chicken in General Tso Sauce

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



Monthly Observances:
National Soup Month

1st- New Year's Day
6th- Bean Day
11th- Milk Day
15th- Martin Luther King Day

Prices:

Breakfast: \$1.00
Lunch: \$2.35
Milk / Water: \$0.50

