

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;">MEAL PRICES</p> <p><i>Breakfast:</i> <i>Student Paid - \$1.30</i> <i>Student Reduced - \$.30</i> <i>Adult Paid - \$1.95</i> <i>Milk - \$.30</i></p> <p style="text-align: center;"><i>Lunch:</i> <i>PreK-4 Student Paid - \$2.00</i> <i>5-8 Student Paid - \$2.10</i> <i>9-12 Student Paid - \$2.20</i> <i>Student Reduced - \$.40</i> <i>Adult - \$3.15</i></p> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;">NO SCHOOL</p> </div>	<p>3</p>	<p>4 Ham & Cheese Biscuit Sandwich 38g Applesauce 21 g</p> <p>Turkey & Cheese on Wheat Bread 31g Baby Carrots 1.3/2.6g Pickle Spears 1g Fruit Cup 12/24g Cake 35g</p>	<p>5 Cinnamon Tastry 37g Fruit Cup 24g</p> <p style="text-align: right;">42g</p> <p>Spaghetti with Meat Sauce Garlic Bread 27g 3 Bean Salad 4.5/9g Salad Greens 1g Pineapple 10/20g</p>	<p>6 Pancakes 26g Ham 2g Pineapple 20g</p> <p>Breaded Beef Steak 19g Mashed Potatoes/Gravy 18g Applesauce 11/21g Roll 26g Mandarin Oranges 9/17g</p>
<p>9 Pizza 26g Mandarin Oranges 17g</p> <p style="text-align: right;">40g</p> <p>Burrito with Cheese Sauce Spanish Rice 33/66g Salad Greens 1g Carrots 3g Cinnamon Apples 7/14g</p>	<p>10 Scrambled Eggs Biscuit 35g Cinnamon Apples 14g</p> <p>Pizza 45g Green Beans 4/7g Glazed Carrots 10/19g Grapes 9g Cookies 9/18g</p>	<p>11 Breakfast Sandwich 43g Grapes 9g</p> <p>Chicken Patty on Bun 25g Italian Vegetables 2/5 g Coleslaw 15/30g Pineapple & Bananas 9/18g</p>	<p>12 Cinnamon Roll 56g no icing/69 g with icing Pineapple & Bananas 18g</p> <p>Pig in a Blanket 28g Broccoli Salad 15/31g Fries 13g Peaches 6/12g</p>	<p>13 Waffle 16g Sausage Links 0g Peaches 12g</p> <p>Chicken Strips 13g Mashed Potatoes/Gravy 20g Broccoli Normandy 2/4g Wheat Roll 26g Mixed Fruit 10/19g</p>
<p>16 NO SCHOOL</p>	<p>17 Ultimate Breakfast Round 44g Mixed Fruit 19g</p> <p>Cheeseburger on Bun 17g Bean Bake 18/36g Banana 14g Rosy applesauce 14/28g</p>	<p>18 Sausage & cheese Biscuit Sandwich 37g Banana 14g</p> <p>Nachos 27/45g Italian Vegetables 2/5g Green Beans 4/7g Pears 7/14g Cookies 9/18g</p>	<p>19 Apple Bosco Stick 42g Pears 14g</p> <p>Chicken 1g Chicken Rice 10/21g Winter Mixed Vegetables Corn 9/18g 1/2g Apricots 10/19g Corn Bread 29g</p>	<p>20 French Toast 23g Sausage Links 0 Apricots 19g</p> <p style="text-align: right;">29g</p> <p>Ham & Cheese Sandwich Salad Greens 1g Macaroni Salad 8g/16g Pineapple 10/20g Grapes 9g</p>

<p>23 Pizza 26g Grapes 9g</p> <p>BBQ Pork Patty 27g Macaroni & Cheese 2g Broccoli 3/6g Country Trio 4/8g Pears 7/14g</p>	<p>24 Donut 30g Sausage Links 0 Pears 14g</p> <p>Pizza 45g Green Beans 4/7g Salad Greens 1g Pineapple 10/20g</p>	<p>25 Ham & Cheese Biscuit Sandwich 38g Pineapple 20g</p> <p>Taco Salad 21g/39g Refried Beans 12/24g Apple 10g Cake 35g</p>	<p>26 Cinnamon Tastry 37g Apple 10g</p> <p>Sausage Cheese Biscuit 37g Hash Brown Patty 13g Fruit Cup 8/14g Mandarin Oranges 9/17g</p>	<p>27 Pancakes 26g Ham 2g Mandarin Oranges 9/17g</p> <p>Chili 1/2c 11g Crackers 2/4ct 18g Baby Carrots 1.3g/2.6g Mixed Fruit 10/19g Cinnamon Roll 62g w icing</p>
<p>30 Pizza 26g Mixed Fruit 19g</p> <p>Pizza Casserole 1/2c 42g Corn 9/18g Salad Greens 1g Bread Sticks 1= 19gm Mandarin Oranges 9/17g</p>	<p>31 Scrambled Eggs 2g Biscuit 35g Mandarin Oranges 17g</p> <p>Chicken & Noodles 35g Mashed Potatoes 15g Grapes 9g Biscuit 35g Rosy Applesauce 14/28g</p>	<p>This institution is an equal opportunity provider. Milk offered with all meals. Menus are subject to change</p>		

Here are some FUN ways for kids to stay active & fit!

Have fun! Show children how much fun it is to be active

- Run like a gorilla.
- Walk like a spider.
- Hop like a bunny.
- Stretch like a cat.

Have family contests: who can jump rope the longest?

- Wheel barrel races
- Potato sack races

Use parties as an opportunity to promote activity:

- Ice skating party
- Bowling party
- Touch football party

Get up early with your children to walk the dog

- Do jumping jacks together after dinner
- Take a family walk after dinner

Go on a family bike ride through the neighborhood

Create sidewalk art with chalk and play hopscotch

Fly a kite on a grassy field or beach

Enjoy a playground at a school or a park

Play Duck, Duck, Goose or London Bridge

- Sledding
- Bowling

Tag

Hiking

Visit a swimming park

Batting cages

Miniature golf



January is Month for Celebrating:
*“Thank You”, Oatmeal, Eye Care, Soup,
Breakfast, Wheat Bread*

Breakfast: The first meal of the day is a good time to give your child foods that are high in fiber. Whole-grain breads, cereals, fruit, low-fat or nonfat cheeses and yogurt are also good breakfast foods. Use skim or low-fat milk rather than whole or 2% milk. Fruit juice is usually high in calories and sugars and has fewer nutrients than whole fruit (fresh or canned).



www.nourishinteractive.com check out games, healthy ideas, food and nutrition printables!