

# JANUARY 2024

## PRE-KINDER

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
8 Choice of Pizza Seasoned Vegetables Fruit Cup	9 Soft Tacos Pinto Beans Lettuce & Tomato Spanish Rice Oranges Smiles	10 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	11 Mac & Cheese Popcorn Chicken Garlic Knot Carrot Dippers Fruit Cup	12 Bacon Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
15 Choice of Pizza Seasoned Vegetables Fruit Dessert	16 Crispitos Garden Fresh Salad Pinto Beans Spanish Rice Fruit Cup	17 Chicken Strips Hot Roll Mashed Potatoes Street Corn Mixed Fruit Cup	18 Popcorn Chicken Fried Fries Seasoned Vegetables Fruit Salad	19 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
22 Spaghetti with Meat Sauce Garlic Toast Seasoned Green Beans Berries and Cream	23 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	24 Chicken & Waffles Glazed Carrots Peach Crisp	25 Soup and Sandwich Baked Chips Lettuce & Tomato Fruit Cup	26 <b>ENJOY YOUR DAY OFF!</b>
29 Choice of Pizza Seasoned Vegetables Fruit Cup	30 Soft Taco Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple	31 Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	February 1 Corn Dog Glazed Carrots Tossed Salad Fruit Cup	February 2 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

## The Five

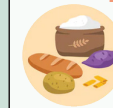
Did you know that there are five main food groups which are essential for good health? These food groups are:



FRUITS

VEGETABLES

PROTEINS



GRAINS

DAIRY

It is important to consume a variety of foods from each of these five groups daily, in recommended amounts. Your school lunch program works hard to provide you with a balanced lunch that helps you build better eating habits and improve your health. So, make sure you don't miss out on any of these food groups included in your daily meals!

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 1/15, 1/29	Pancakes	Breakfast Pizza	Pig in a Blanket	Pretzel Bites	Ham & Cheese Croissant
Week of 1/8 & 1/22	Breakfast Sweet Roll	Pancake Wrap	Breakfast Sandwich	Muffins w/ Yogurt	Biscuits & Gravy