

**STUCK.**

We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**LICENSE TO KRILL**

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



**ANIMAL APPETITES**

**Monday, January 4**

Breaded Beef  
Fingers  
with Roll

Green Beans  
Mixed Fruit  
100 % Juice  
Milk

**Tuesday, January 5**

Fish Hoagie

KK Fries  
Baby Carrots w/  
Ranch Dip  
Peaches  
Milk

**Wednesday, Jan. 6**

Popcorn Chicken  
with Rice

Fresh Broccoli  
Pineapple  
100 % Juice  
Milk

**Thursday, January 7**

Chicken Tacos

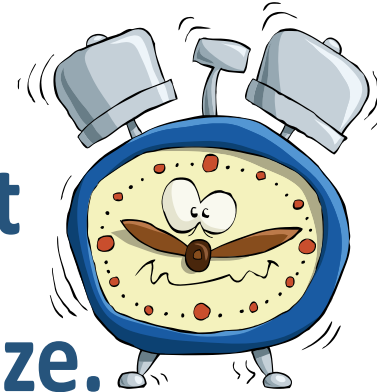
Refried Beans  
Fresh Orange  
Wedges  
Snicker Doodle  
Cookie  
Milk

**Friday, January 8**

Honey BB-Q Pork  
Nuggets

Spinach Salad w/  
Sun Chips  
Corn  
100 % Juice  
Milk

**Feel  
free  
to hit  
the  
snooze.**



A little extra time in the morning can mean finishing that last bit of homework . . . or getting a few more minutes of sleep! We can help streamline your mornings by offering your kids a convenient, economical, and healthy alternative for their school-day nutrition. So why not take advantage of this great service? Breakfast is **FREE** for all students qualifying for Free or reduced priced lunches .

**Monday, January 11**

Ocean Treasures  
with Rice

Steamed Broccoli  
Diced Peaches  
100 % Juice  
Milk

**Tuesday, January 12**

Hamburger

Sweet Potato KK  
Wedges  
Mixed Fruit  
Frozen Berry Swirl  
Cup  
Milk

**Wednesday, Jan. 13**

BB-Q Pulled Pork  
Hoagie

Tater Tots  
Fresh Pears  
Baby Carrots with  
Ranch  
Milk

**Thursday, January 14**

Vegetarian Chili  
With String  
Cheese and Roll

Romaine Salad  
Fresh Grapes  
100 % Juice  
Milk

**Friday, January 15**

Chicken Taquitos

Jo -Jos  
Strawberry Cups  
100 % Juice  
Milk

**Breakfast**  
**\$1.75** **Lunch**  
**\$2.85**

*This institution is an equal opportunity provider.  
 Menus may change due to availability.*



**No  
School  
Today**

**Tuesday, January 19**

Teriyaki Chicken  
with Rice  
  
Sweet Potato KK  
Wedges  
Applesauce Cups  
100 % Juice  
Milk

**Wednesday, Jan. 20**

Chicken Nuggets  
  
Baked Beans  
Winter Mix  
Fresh Apple  
Milk

**Thursday, January 21**

Spaghetti with  
Meat Sauce  
with Roll  
  
Diced Peaches  
Fresh Broccoli  
Fresh Grapes  
Milk

**Friday, January 22**

Baja Fish Sticks  
  
Corn  
Mixed Fruit  
Gold Fish Pretzel  
100% Juice  
Milk



**Put me in my place!**  
*Is the tomato a fruit or a vegetable?*

**Monday, January 25**

Burrito  
  
Sweet Potato KK  
Wedges  
Mixed Fruit  
Frozen Whole  
Berry Swirl Cup  
Milk

**Tuesday, January 26**

Chicken Nuggets  
with Roll  
  
Baked Beans  
Baby Carrots with  
Ranch  
Strawberry Cups  
Milk

**Wednesday, Jan. 27**

French Toast with  
Sausage  
  
Tater Tots  
Diced Peaches  
Fresh Pears  
Milk

**Thursday, January 28**

Breaded Beef  
Fingers  
with Roll  
  
Mashed Potato  
Gravy  
Winter Mix  
100 % Juice  
Milk

**Friday, January 29**

Sweet N Sour  
Chicken with Rice  
  
Fresh Broccoli  
Pineapple  
100 % Juice  
Milk



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



THE LOWEST AND THE HIGHEST PLACES IN THE CONTINENTAL UNITED STATES ARE BOTH IN CALIFORNIA AND ARE **LESS THAN 100 MILES APART!** THE DESERT FLOOR AT BADWATER, CA IN **DEATH VALLEY NATIONAL PARK** SITS AT 279 FEET **BELOW** SEA LEVEL. JUST 84.6 MILES AWAY, **MOUNT WHITNEY** RISES 14,505 FEET **ABOVE** SEA LEVEL!

**STRANGE  
BUT TRUE!**



Source: Geographer

