



Ticklers

Jimmy's mom has 4 kids. She named the first Monday, the second Tuesday, and the third Wednesday. What do you think she named her fourth child?

(Hold the page upside down and read it in a mirror for the answer!)

Jimmy.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



Welcome Back! We hope you enjoyed your bzeak!



Monday, January 9

Chicken Nuggets w/ Rice

Steamed Broccoli Applesauce Orange Juice Milk

Tuesday, January 10

BB-Q Pork Hoagie

Lattice Cut Sweet
Potatoes
Pineapple
Green Beans
Milk

Wed. January 11

Chicken Taquitos w/ Salsa

Refried Beans Fresh Apples Baby Carrots w/Ranch Milk

Thursday, January 12

Chicken Fried Beef Fingers w/ Dinner Roll

Mashed Potato
With Gravy
Winter Mix
Diced Peaches
Milk

Friday, January 13

Pizza

Corn Fresh Apple Diced Pears Choc. Chip Cookie Milk

Still the best deal in town

Breakfast

<-12 \$1.75

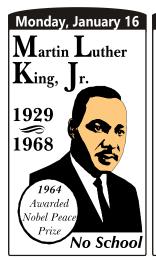
No Chargefor Qualifying Free or Reduced

Lunch

K-6 \$2.85 7-12 \$3.35

Get in touch with us today to learn more about free and reduced-price meals in our district:

Applications available at your School



Tuesday, January 17

Cheeseburger w/ Lettuce & Tomato

KK Fries Green Beans Banana Milk

Wed. January 18

Sweet N Sour Chicken w/ Rice

Fresh Broccoli w/ Ranch Applesauce Mandarin Oranges Milk

Thursday, January 19

Taco's Beef N Bean with Salsa

Romaine Salad w/ Dressing Fresh Pear Orange Juice Milk

Friday, January 20

Breaded Chicken Sandwich

Corn Strawberry Cup Diced Peaches Milk



Monday, January 23

Teriyaki Beef Nuggets with Rice Green Beans Fresh Apple Mixed Fruit Choc. Chip Cookie Milk

Tuesday, January 24

Chicken Drummies With Roll

> Jo-Jo's Fresh Pear Baked Beans Milk

Wed. January 25

French Toast with Sausage

Tater Tots Strawberry Cup Apple Juice Milk

Thursday, January 26

Spaghetti with Meat Sauce Garlic Toast

Spinach Salad Fresh Oranges Apple Juice Milk

Friday, January 27

Baja Fish Sticks with Tarter Sauce Fresh Broccoli Baby Carrots with Hummus Dip Peach Cubes Gold Fish Pretzels Milk

Can you name the powerful food we're describing and the famous person we're comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

A: The food is broccoli and the person is 17-time pro wrestling champion and actor Dwayne "The Rock" Johnson!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Monday, January 30

Popcorn Chicken w/ Roll

Green Beans Fresh Apple Orange Juice Milk

Tuesday, January 31

Fiesta Bowl with Tortilla and Salsa

Diced Peaches Refried Beans Apple Juice Milk

NUTRITION 7030

Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A TASTY MORSEL FOR PARENTS

YEAR OF THE ROOSTER

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.

