



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 yout bzeak!



Monday, January 9

Chicken Nuggets Or Egg Roll w/ 2 Nuggets both with Rice

Steamed Broccoli Applesauce Fruitables Milk

Tuesday, January 10

BB-Q Pork Hoagie Or Corn Dog

Lattice Cut Sweet
Potatoes
Mixed Fruit
Pineapple
Green Beans
Milk

Wed. January 11

Chicken Taquitos w/ Salsa or Chicken Quesadilla

> Refried Beans Fresh Apples Baby Carrots w/Ranch Milk

Thursday, January 12

Chicken Fried Beef Fingers w/ Dinner Roll or Cheese Burger

Mashed Potato With Gravy Winter Mix Diced Peaches Milk

Friday, January 13

Pizza or Popcorn Chicken

Corn Fresh Apple Diced Pears Choc. Chip Cookie Milk

Still the best deal in town

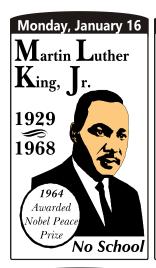
Breakfast

K-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
or
Popcorn Chicken

KK Fries Green Beans Banana Milk

Wed. January 18

Sweet N Sour
Chicken or
Chicken Fried Beef
Fingers both
w/ Rice
Fresh Broccoli
w/ Ranch
Applesauce
Mandarin Oranges
Goldfish Pretzel
Milk

Thursday, January 19

Taco's Beef N Bean with Salsa or Pizza Stick

Romaine Salad w/ Dressing Fresh Pear Orange Juice Milk

Friday, January 20

Breaded Chicken
Sandwich
or
Burrito

Corn Strawberry Cup Diced Peaches Milk



Monday, January 23

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

Tuesday, January 24

Chicken Drummies With Roll or Chicken Nuggets

> Jo-Jo's Fresh Pear Baked Beans Milk

Wed. January 25

French Toast with Sausage or Ham & Cheese Hoagie

Tater Tots Strawberry Cup Apple Juice Milk

Thursday, January 26

Spaghetti with Meat Sauce Garlic Toast or Pizza Stick

Spinach Salad Fresh Oranges Apple Juice Milk

Friday, January 27

Baja Fish Sticks
with Tarter Sauce
or
Corn Dog
Fresh Broccoli
Baby Carrots with
Hummus Dip
Peach Cubes
Goldfish 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 or Ham N Cheese Hoagie

> Green Beans Fresh Apple Fruitables Milk

Tuesday, January 31

Fiesta Bowl with
Tortilla
or
Taquitos
both with
Salsa

Diced Peaches Refried Beans Apple Juice Milk

NUTRITION TO GO

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.

