



What Makes a Meal? Select 3-5 parts: Fruits, Grains, Vegetables, Protein, and Dairy. One part **MUST** be a fruit or a Vegetable.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Monday

Tuesday

Wednesday

Thursday

Friday

1
No School
Christmas Vacation

2
No School
Snow Make Up Day

3
Popcorn Chicken
Macaroni and Cheese
Baby Carrots & Dip
Fruit
Milk

4
Corndog
Fries
Fruit
Cookie
Milk

5
Cheese Bosco Sticks
Marinara Sauce
Green Beans
Fruit
Milk

8
Hot Ham & Cheese
Baked Beans
Fruit
Brownie
Milk

9
Chili Soup w/ Crackers
PB&J
Baby Carrots & Dip
Fruit
Milk

10
Spaghetti with Meat Sauce
Breadstick
Garden Salad
Fresh Fruit
Milk

11
Breaded Tenderloin on Bun
Green Beans
Fruit
Milk

12
Bacon Pub Burger
Seasoned Curly Fries
Fruit
Milk

15
Chicken Patty on Bun
Roasted Carrots
Fruit
Cookie
Milk

16
Country Fried Steak
Mashed Potatoes & Gravy
Corn
Fruit
Milk

17
Cheeseburger Nachos
Fiesta Rice
Steamed Broccoli
Fresh Fruit
Milk

18
BBQ Chicken on Bun
Baked Beans
Peas
Fruit
Milk

19
Deep Dish Pizza
Green Beans
Fruit
Milk

22
No School
Staff Inservice Day

23
Chicken Noodle Soup
Grilled Cheese Sandwich
Baby Carrots & Dip
Fruit
Milk

24
Rattlesnake Bowl
Seasoned Black Beans
Steamed Broccoli
Fresh Fruit
Milk

25
Biscuit and Gravy
Sausage Links
Tater Tots
Fruit
Milk

26
Cheeseburger Mac
Green Beans
Fruit
Milk

29
Grilled Chicken on Bun
Sweet Potato Fries
Fruit
Cookie
Milk

30
Soft Shell Beef Taco
Lettuce and Cheese
Refried Beans
Fruit
Sweet Roll
Milk

31
Chicken Bruschetta
Steamed Broccoli
Fresh Fruit
Milk



January is National Soup Month!
Celebrate with us when we serve soup this month!