

				1 No School <small>~~~~~</small>
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Local ingredients used when seasonally available

4 Turkey & Cheese Sandwich <small>~~~~~</small>	5 Giant Beef Taco <small>~~~~~</small>	6 Pepperoni Pizza <small>~~~~~</small>	7 Cheeseburger <small>~~~~~</small>	8 Chicken Nuggets with Twisted Breadstick <small>~~~~~</small>
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Virtual Menu for Pickup January 4-8 and January 11-15

11 Cheeseburger <small>~~~~~</small>	12 All American Sandwich <small>~~~~~</small>	13 Crispy Chicken Sandwich <small>~~~~~</small>	14 Corn Dog <small>~~~~~</small>	15 Cheese Pizza (V) <small>~~~~~</small>
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Variety of fat free and low fat milk are offered daily

18 No School <small>~~~~~</small>	19 Chef Salad Blueberry Patch Parfait (V) Giant Beef Taco Cheese Pizza (V) <small>~~~~~</small> Refried Beans, Mixed Vegetables, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	20 Crispy Chicken Wrap Deli Stackables Box Home Run Hot Dog Steak Fingers with Dinner Roll <small>~~~~~</small> Whipped Potatoes & Gravy, Baby Carrots, Super Side Salad, Applesauce & Fresh Bananas	21 Chef Salad All American Sandwich Crispy Chicken Sandwich Spaghetti & Meat Sauce <small>~~~~~</small> Green Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	22 Chicken Caesar Salad Classic Ham & Cheese Sandwich Goopy Grilled Cheese Sandwich (V) Chicken & Waffles <small>~~~~~</small> Sweet Potato Fries, Celery Sticks, Super Side Salad, Cinnamon Apples & Fresh Bananas
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(V) Denotes a vegetarian friendly item

25 EZ Pizza Box Turkey & Cheese Sandwich Sweet & Sour Chicken Cheese Quesadilla (V) <small>~~~~~</small> Roasted Broccoli, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Apples *Mini Rice Krispies Treat!*	26 Chef Salad Double Berry Parfait (V) Hot Ham & Cheese Sandwich Cheese Nachos (V) <small>~~~~~</small> Aztec Corn, Refried Beans, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	27 Buffalo Chicken Wrap EZ Pizza Box Crispy Chicken Sandwich Chicken Nuggets with Dinner Roll <small>~~~~~</small> Green Beans, Whipped Potatoes & Gravy, Baby Carrots, Super Side Salad, Applesauce & Fresh Bananas	28 Double Berry Parfait (V) All American Sandwich Breakfast For Lunch: Pancakes! Corn Dog <small>~~~~~</small> Baked Cinnamon Apples, Tater Tots, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	29 Crispy Chicken Salad Classic Ham & Cheese Sandwich Home-Style Pepperoni Pizza Beef & Cheese Totchos <small>~~~~~</small> Seasoned Carrots, Celery Sticks, Super Side Salad, Cinnamon Apples & Fresh Bananas
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Oranges are the Fresh Pick for January! Oranges are high in immune boosting Vitamin C while being fat, sodium and cholesterol free! Brighten up your tray with some juicy oranges this month!

This institution is an equal opportunity provider.

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cereal, Juice and Variety of Milk offered daily!				January 1 Virtual Breakfast January 4-15
January 4 Frudel	January 5 Bacon Scramble Breakfast Pizza	January 6 French Toast Sticks	January 7 Biscuit Sausage Sandwich	January 8 Toasted Waffles
January 11 Oatmeal Round	January 12 Nutrigrain Bar and Cheese Stick	January 13 Variety of Cereal	January 14 Tater Tot Burrito	January 15 Cinnamon Roll
January 18 No School	January 19 Breakfast Tornado Yogurt & Fruit Diced Peaches	January 20 French Toast Sticks Yogurt & Fruit Apples & Orange Smiles	January 21 Honey Chicken Biscuit Yogurt & Fruit Banana & Orange Smiles	January 22 Filled Cinnamon Toast Crunch Bar Yogurt & Fruit Mixed Fruit & Raisins
January 25 American Breakfast Sandwich Yogurt & Fruit Parfait Raisins	January 26 Breakfast Taco Roll Yogurt & Fruit Parfait Diced Peaches	January 27 Oatmeal Round Yogurt & Fruit Parfait Bananas & Orange Smiles	January 28 Pancakes Yogurt & Fruit Parfait Orange Smiles	January 29 Cinnamon Roll Yogurt & Fruit Parfait Applesauce

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

