

				1 No School
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Local ingredients used when seasonally available

4 No Meals	5 	6 	7 	8
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No Meals Virtual Pickup Only January 4-15

11 No Meals	12 	13 	14 	15
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Variety of fat free and low fat milk are offered daily

18 No School	19 Pepperoni Pizza Mixed Vegetables Diced Pears	20 Steak Fingers with Dinner Roll Whipped Potatoes & Gravy Applesauce	21 Crispy Chicken Sandwich Green Beans Mixed Fruit	22 Grilled Cheese Sandwich Sweet Potato Fries Cinnamon Apples
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(V) Denotes a vegetarian friendly item

25 Sweet & Sour Chicken Roasted Broccoli Diced Peaches	26 Cheese Nachos Aztec Corn Diced Pears	27 Chicken Nuggets Whipped Potatoes & Gravy Fresh Bananas	28 Corn dogs Tater Tots Mixed Fruit	29 Home-Style Pepperoni Pizza Seasoned Carrots Cinnamon Apples
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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 No School
January 4 No Meals	January 5	January 6	January 7	January 8
January 11	January 12	January 13	January 14	January 15
January 18 No School	January 19 Mini Bagels Diced Peaches	January 20 French Toast Sticks Fresh Apples	January 21 Honey Chicken Biscuit Fresh Banana	January 22 Cinnamon Toast Crunch Cereal Mixed Fruit
January 25 American Breakfast Sandwich Juice	January 26 Breakfast Taco Roll Diced Peaches	January 27 Banana Muffin Mixed Fruit	January 28 Pancakes Orange Smiles	January 29 Cinnamon Toast Crunch Cereal 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.

