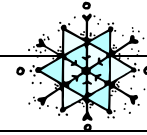
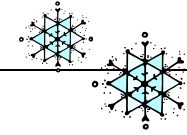


JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 New York Cheese Pizza Strip	4 Mini Cheeseburgers with Finger Potatoes	5 Orange Chicken with Brown Rice	6 Turkey Dog	7 All Natural Chicken Nuggets
10 Mini Corn Dog (Chicken)	11 Cheese Quesadilla	12 Lean Hamburger with star potatoes	13 *Crunchy* Chicken Strips	14 Honey BBQ Chicken Dippers
17 <i>Martin Luther King Day</i>	18 New York Cheese Pizza Strip	19 Teriyaki Beef Dippers w/ Finger Potatoes	20 CHICKEN TAQUITOS	21 Popcorn Chicken
24 All Natural Chicken Patty Sandwich with Potato Wedges	25 Teriyaki Chicken with Brown Rice	26 Mini Corn Dog (Chicken)	27 Cheesy Pizza Bagel	28 Smilin' Chicken Nuggets

CRUNCH & MUNCH SIDES

Students may select one or more side item with entrée:

- Variety of fresh and canned fruits
- Vegetables
- Snack items



CHOICE OF Moo-ARVELOUS MILK

- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

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WELCOME IN THE NEW YEAR!



Simple Tips to a Healthy Diet in the New Year

January is always a good month to consider changes, and if one of your resolutions is for you and your family to make healthier food choices you are not alone. Many families across the country share the same healthful goal. Here are some fun easy tips to get you started in the right direction.

- **Get Everyone Involved**

Make your kids part of the process. Get them to help shop for, plan, and prepare meals. Nutritionists believe children are more likely to eat something they have made some decisions about. Steering them in the right direction is always left to you. Find children's cookbooks that offer kid-friendly recipes and easy-to-do cooking lessons.

- **Make An Investment**

Even the most culinary inept person can find ways to provide healthy meals on a daily basis. Know your options. Give yourself a course in the nutritional benefits of a wide range of fruits, vegetables and grains. Begin with the favorites. Every person, even a child, has a fruit or vegetable that they like or at least tolerate. Take an inventory of your family's favorites and seek out recipes that allow you to experiment. Don't worry if you don't always get their approval. Missteps are part of the learning curve. Have a less risky back-up handy.

- **Get Creative With Meal Preparation**

Don't worry if your kids don't want to try a new vegetable. Nutritionists say it takes most kids seeing a new food four to five times before they'll agree to try it. Here's where experimenting with different ways of preparation will come in handy. Adding color and kid-friendly designs to the average meal tricks kids into believing that if they like seeing it, they will also like eating it.

- **Respect Likes and Dislikes**

Most nutritionists will agree that it is virtually impossible to change a child's palate. So don't even bother trying to fight picky taste buds. Take the time to know what they like and dislike. Most children go for sweet-tasting or mildly flavored foods. Steer clear of tangy or bitter tasting produce. You should also tie good nutrition to their interests. Let your athletic children know that the right food choices will give them more energy in their favorite sport or activity.

- **Plant A Garden.**

It's never too late to get your children excited about gardening. This spring/summer start a new family project that promises to be dirty and fun for everyone. Choose sweet-tasting produce to start growing like sweet cherry tomatoes, strawberries, corn, or baby peas. Keep in mind, young taste buds tend to be far more sensitive than adults. Some kids have a very strong negative reaction to bitter flavors like spinach, brussels sprouts, and asparagus.

All Hands on Deck for a Family Fun Recipe Chicken BBQ Pizza

Serves 4

Ingredients

- 1 cup pizza sauce
- 1 12-inch Italian pizza crust
- 8 green pepper rings
- 1 tomato, sliced
- 1 cup mushrooms, sliced
- 4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed
- 2 tablespoons barbecue sauce
- 1 cup reduced-fat mozzarella cheese, shredded

Directions

Preheat the oven to 400 F. Spread the sauce evenly over the pizza crust. Add the pepper, tomato, mushrooms and chicken. Drizzle barbecue sauce over the pizza and top with cheese.

Bake about 12 to 14 minutes. Cut the pizza into 8 slices and serve immediately.

