



January

Tuesday, January 1st Wednesday, January 2nd Thursday, January 3rd Friday, January 4th

**Closed for
New Years
Day**

Cinnamon toast, applesauce
Sn: Animal crackers, milk
Baked mac n cheese bites, green beans, applesauce
Sn: Chips, salsa

Yogurt w/ rice krispies, mandarin oranges
Sn: Carrots w/ ranch
Tod: Shredded carrots w/ ranch
Veg. chicken, peas, mandarin oranges
Sn: Cheez-its, juice

Pancakes, pears
Sn: Pita chips, hummus
Pizza, salad w/ ranch, pears
Sn: 100 Calorie Oreo crisps, milk

Monday, January 7th Tuesday, January 8th Wednesday, January 9th Thursday, January 10th Friday, January 11th

Life cereal, fruit mix
Sn: Cottage cheese, juice
Veggie chicken nuggets, corn, mashed potatoes, fruit mix
Sn: Apple cinnamon tortilla wrap

Cinnamon apple bread, pineapple
Sn: Applesauce, graham crackers
Grilled cheese sand, tomato soup, pineapple
Sn: Elf grahams, juice

Breakfast burrito, peaches
Sn: Celery w/ ranch
Tod: Veggie straws
Avanti's Lunch
Sn: Club crackers, cheese

Hash brown casserole, pears
Sn: Apple slices w/ string cheese
Italian noodles, broccoli w/ cheese, pears
Sn: Sn: Ranch Oyster Crackers

Whole wheat French toast stix, mandarin oranges
Sn: Ritz crackers, juice
Veggie burger sliders, tator tots, mandarin oranges
Sn: Trail mix

Healthy Eating Tips for Kids...
(Pssst...parents, we can't do it without you!)

#7 Slow it Down
Eating slowly is great for weight control at any age. It's a fantastic way to show kids that it takes about 20 minutes for the message that they are full to get from their stomachs to their brains. As much as we'd love our children to finish their meal in minutes, rather than hours, it's much more important that they learn to slow down and chew their food properly.



Vegetarian Menu

Monday, January 14th

Tuesday, January 15th

Wednesday, January 16th *LS*

Thursday, January 17th

Friday, January 18th

Vegetarian Menu

Golden Grahams, applesauce

Sn: Raisins, goldfish

Tod: Goldfish, juice

Veggie Chicken patty, peas, applesauce

Sn: Nutrigrain bars

Pumpkin bread, fruit mix

Sn: Chex mix, juice

Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix

Sn: Bananas, cheerios

Cinnamon rolls, pears

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Black bean salad, mashed potatoes, green beans, pears

Sn: Popcorn, juice

English muffins w/ egg patty, peaches

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Breadstick, veg broth w/ California blend veggies, peaches

Sn: Apple crisp, water

Biscuits and gravy, pineapple

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Vegetarian Sloppy joe on bun, corn, pineapple

Sn: Cheese Ritz bits, juice



Little Jewels is



Monday, January 21st

Tuesday, January 22nd

Wednesday, January 23rd

Thursday, January 24th

Friday, January 25th

Rice Krispies, mandarin oranges

Sn: Fruit smoothies

Cheese quesadillas, green beans, mandarin oranges

Sn: Saltines, American cheese

Banana bread, pears

Sn: Cucumber slices w/ ranch

(peeled for Tod's)

Grilled Cheese sand, veggie chili, pears

Sn: Animal crackers, milk

Omelets, fruit mix

Sn: Rice cakes, juice

Veggie Cheese "burger" mac, peas, fruit mix

Sn: Cinnamon diced apples, graham crackers

Waffles, peaches

Sn: Celery w/ soy butter

Tod: Veggie straws

Veggie meatballs, mashed potatoes, carrots, peaches

Sn: Pretzels w/ ranch

Oatmeal w/apples, butter toast

Sn: Cottage cheese, juice

Pizza Pasta, salad w/ ranch, pineapple

Sn: Trail mix

You got this!

Monday, January 28th

Tuesday, January 29th

Wednesday, January 30th *LS*

Thursday, January

Kix cereal, pears

Sn: Raisins, goldfish

Tod: Goldfish, juice

Veggie corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Apple Spice bread, mandarin oranges

Sn: Gogurt, juice

Soy butter sandwich, veggie soup, mandarin oranges

Sn: Cheddar cheese cubes, pita chips

Whole wheat french toast stix, fruit mix

Sn: Graham crackers, applesauce

Veggie Chicken, broccoli, cheese and rice cass., fruit mix

Sn: Veggie straws, juice

Egg and cheese casserole peaches

Sn: Pretzel bites w/cheese sauce

Veggie chicken patty on bun, tator tots, peas,

Peaches

Sn: Grapes, yogurt

Ways to help keep your New Year's Resolutions

We all know how easy it is to set our goals and then two weeks later be right back where we started. Here are some reminders help keep you on track!

- *Start Small (like really small)
- *Forgive yourself
- *Be consistent
- *Celebrate small wins
- *Remember your reasons