

# January

## Breakfast Lunch

### Monday, January 4th

Cinnamon Toast Cereal, Cheese String      Cheese Pizza, Salad w/ Carrots w/ Ranch

### Tuesday, January 5th

Chicken & Maple Sausage Sandwich      White Beans and Rice Carrots w/ Ranch, Cornbread

### Wednesday, January 6th

Banana Muffin Cheese String      Turkey Tacos

### Thursday, January 7th

Egg and Cheese Sandwich      Oven Fried Chicken Tator Tots, Broccoli, Biscuit

### Friday, January 8th

Cinnamon Rolls w/ Icing      Pepperoni Pizza, Salad w/ Carrots

## Kicking Your Cold to the Curb!

It's that time of year again—cold and flu season. But how do we defend against those unwanted germs? The best defense is a good offense. Here are some ways to nip those colds in the bud before they get a chance to start:



- ◆ **Healthy eating:** Try to eat fruits and vegetables daily. This is a great way to take in needed vitamins and minerals.
- ◆ **Know your vitamins:** Eating foods high in vitamin C, vitamin E, and B vitamins will help you build up your immunity and energy to fight off any unwelcome colds this year.
- ◆ **Preventative care:** Getting a flu shot every year and taking a multivitamin will be an extra layer of protection.
- ◆ **Get your rest:** Make sure you are getting adequate sleep every night to help your body decompress and rejuvenate for the next day.
- ◆ **Reduce your stress:** Finding ways to de-stress is very important. Try to find activities that help you relax; (e.g: meditating, reading a book, writing in a journal, or watching a movie)
- ◆ **Stay active:** Staying active is a way to de-stress after your day at work or school and release any tensions. This will also keep your body fit and strong.



## National Egg Month

January is national egg month. Eggs can be cooked in a variety of different ways or used as an added ingredient. Eggs are rich in protein, choline, riboflavin, and B12. They also provide many benefits such as: muscle health, protective against eye damage, and are great brainpower foods. Some examples of yummy meals including eggs are frittatas, eggs benedict, a breakfast quiche, or a breakfast muffin. You can also add eggs to salads, tuna sandwiches, or as a snack.

This institution is an equal opportunity provider and employer. Menus are subject to change.

▶ **Available Daily**

**All Meals Served With:**  
 Low Fat White Milk  
 Or Non Fat Chocolate Milk  
 And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served Everyday as Alternate Breakfast**

## Breakfast Lunch

### Monday, January 11th

Cinnamon Toast Cereal, Cheese String      Hot Dog w/ Chili Fries, Ketchup, Mustard

### Tuesday, January 12th

Egg and Cheese Sandwich      Red Beans w/ Rice Carrots w/ Ranch, Cornbread

### Wednesday, January 13th

Blueberry Muffin Cheese String      Frito Pie

### Thursday, January 14th

Maple Pancake Sandwich      BBQ Chicken Thigh, Mac & Cheese, Baked Beans, Green Beans

### Friday, January 15th

French Toast Sticks      Meatball Marinara Ciabatta Seasoned Corn



## ▶ Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice  
**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

## Breakfast Lunch

Monday, January 18th  
**MLK Holiday**

Tuesday, January 19th

Maple & Chicken Sausage Sandwich      White Beans and Rice  
Carrots w/ Ranch, Cornbread

Wednesday, January 20th

Banana Muffin      Turkey Nachos  
Cheese String

Thursday, January 21st

Egg and Cheese Sandwich      Herb Roasted Chicken  
w/ Rice and Gravy, Peas  
Salad w/ Carrots, Biscuit

Friday, January 22nd

Cinnamon Rolls w/ Icing      Lasagna, Green Beans  
Bread stick



## The Importance of Fiber

January is Fiber Focus Month. Fiber is a carbohydrate that our bodies cannot digest. Fiber helps



us to regulate our bodies sugars and helps to keep our hunger in check. It is recommended to consume 20 to 30 grams of fiber a day, however most Americans only take in about 15 grams. Fiber can come in two forms: Soluble and Insoluble. Soluble fiber helps us to lower our glucose levels and lower our bad cholesterol. Some examples are: oatmeal, nuts, beans, and apples. Insoluble fiber helps move food through the digestive system and helps prevent constipation. Some examples are whole wheat bread, brown rice, legumes, and cucumbers.

Some ways you can increase your fiber are by:

- 1) Eating a diet rich in whole fruits and fruit juices
- 2) Eating more whole grain foods like brown rice and WG pasta instead of white rice or white bread
- 3) Eating more raw vegetables like cucumbers and tomatoes instead of chips and candy
- 4) Incorporating more beans and legumes into your diet instead of red meats.

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## Breakfast Lunch

Monday, January 25th

Cinnamon Toast Cereal, Cheese String      Cheese Pizza  
Salad w/ Carrots

Tuesday, January 26th

Egg and Cheese Sandwich      Red Beans & Rice  
Carrots w/ Ranch

Wednesday, January 27th

Blueberry Muffin      Turkey Tacos  
Cheese String

Thursday, January 28th

Maple Pancake Sandwich      Gumbo w/ Chicken &  
Sausage, Rice, Salad w/  
Tomatoes, WG Crackers

Friday, January 29th

French Toast Sticks      Spaghetti & Meat Sauce  
Steamed Broccoli, Bread Stick

## Eat Your Veggies

Getting kids to eat more vegetables can be quite a challenge for many parents. Some parents have found that creatively incorporating vegetables into meals has allowed their kids to reap the benefits without even knowing. Try these tips and tricks with your kids at mealtime.



1. **Disguise your vegetables:** Some vegetables are extremely versatile and can be disguised as "tastier foods" Try using cauliflower as a mac and cheese substitute or adding extra veggies to salsa.
2. **Hide them in meals:** Layer your lasagna with zucchini, add broccoli and cauliflower to mac and cheese, or hide veggies in a wrap or sandwich.
3. **Serve one main dish:** Mixing vegetables into the main entrée will prevent from your kids pushing them to the side later.