



January

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Happy New Year!</p>	<p>4 Ham & Cheese Hoagie/Mayo Ravioli Style Beans Lettuce/Tomato Salad Fruit Cocktail Choice of MILK Chilled Cheese Fries</p> <p>5 Chilled Juice Pancakes/Syrup Sausage Pattie MILK</p>	<p>6 ENBUeltos Pinto Beans Lettuce/Tomato Salad Fresh Apples Mexican Rice Choice of MILK</p> <p>7 Chilled Juice Fresh Bananas Breakfast Bar MILK</p>	<p>8 Chicken Nuggets Mashed Potatoes Peas & Carrots Wheat Bread Orange, Sections Choice of MILK Pearl Tapioca/Cookie</p> <p>9 Chilled Juice Chorizo/Egg Taco MILK</p>	<p>10 Cheeseburger/Mayo/Mustard Potato Wedges/Ketchup Burger Salad Chilled Sliced Peaches Choice of MILK</p> <p>11 Chilled Juice Croissant/Egg/Cheese MILK</p>	<p>Cal 800 T.Fat 21.14 G S.Fat 6.2 G Chol 77.7 Mg Sodm 1549.48 Mg</p>
<p>11 Pepperoni Pizza Green Beans Garden Salad/Dressing Fruit Salad Choice of MILK</p> <p>12 Chilled Juice Combo Bar Wheat Bread MILK</p>	<p>12 Corny Dog/Mustard Corn-On-Cob Carrot Sticks/Dip Fruit Cocktail Choice of MILK Snooby Doo Cookies</p> <p>13 Chilled Juice Waffle Sticks/Syrup Sausage Pattie MILK</p>	<p>13 BeeT Cheese Enchiladas Pinto Beans Cucumber/Salad/Lemon Wedge Fresh Apples Mexican Rice/Saltine Crackers Choice of MILK</p> <p>14 Chilled Juice/Fresh Bananas Yogurt MVP Donut MILK</p>	<p>14 Breaded Beef Fingers Mashed Potatoes Steamed Carrots Fresh Tangerines Wheat Bread Choice of MILK</p> <p>15 Chilled Juice Potato/Egg Taco MILK</p>	<p>15 Chickenburger/Mayo/Mustard Crinkle Cut Fries/Ketchup Burger Salad Sliced Peaches Choice of MILK</p> <p>16 Chilled Juice Bacon/Sausage MILK</p>	<p>Cal 804 T.Fat 23.99 G S.Fat 8.0 G Chol 68.7 Mg Sodm 1471.56 Mg</p>
<p>18 Spaghetti/Meat sauce Green Beans/Cheese Tossed Salad/Dressing Sliced Peaches Wheat Bread</p> <p>19 Chilled Juice Yogurt Cocoa Puffs MILK</p>	<p>19 Burrito/Mustard Sweet Corn Green Salad/Lemon Wedge Fresh Tangerines Choice of MILK</p> <p>20 Chilled Juice Hot Tamales MILK</p>	<p>20 Chicken Quesadillas Pinto Beans Lettuce/Tomato Salad Fresh Peas Choice of MILK</p> <p>21 Chilled Juice Fresh Bananas Honey Buns MILK</p>	<p>21 Pork Rip Garden Salad Trail Mix Macaroni/Cheese Wheat Bread Choice of MILK Cracker Snack Mix/Modly</p> <p>22 Chilled Juice Egg/strawberry Taco MILK</p>	<p>22 Bacon Hamburger/Mayo/Mustard Potato Wedges/Ketchup Burger Salad Pineapple Tidbits Choice of MILK</p> <p>23 Chilled Juice Cinnamon French Toast MILK</p>	<p>Cal 865 T.Fat 25.43 G S.Fat 6.7 G Chol 65.7 Mg Sodm 1495.75 Mg</p>
<p>25 Hamburger/Mayo/Mustard Potato Wedges/Ketchup Burger Salad Pineapple Tidbits Choice of MILK</p> <p>26 Chilled Juice Cereal Toast MILK</p>	<p>26 Chili Dog/Mustard Corn Carrot Sticks/Dip Applesauce Choice of MILK</p> <p>27 Chilled Juice French Toast Sticks/Syrup MILK</p>	<p>27 BeeTacos Pinto Beans Lettuce & Tomato Salad Trail Mix Mexican Rice Choice of MILK Sweet Potato Cake/Milk Dip</p> <p>28 Chilled Juice/Fresh Bananas Morning Roll MILK</p>	<p>28 Oven Baked Chicken Mashed Potatoes Green Beans Gelatin (Peas) Wheat Bread Choice of MILK</p> <p>29 Chilled Juice Ham/Egg Taco MILK</p>	<p>29 Lasagna BeeT Cheese Sweet Corn Lettuce/Tomato Salad Chilled Sliced Peaches Wheat Bread Choice of MILK CORN</p> <p>30 Chilled Juice BOB/Egg Pattie/Cheese MILK</p>	<p>Cal 799 T.Fat 24.02 G S.Fat 7.4 G Chol 60.7 Mg Sodm 1505.74 Mg</p>



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FIBER is mostly found in the bread/grain, vegetable, and fruit groups. These foods are also usually low in fat and high in Vitamins A & C. Try to eat more whole grain breads, and any type of fruit and vegetable.