

January



Friday

1
NO
SCHOOL

Monday

Tuesday

Wednesday

Thursday

4 Pizza Garden Salad Corn Peaches Breadstix Milk	5 Chicken Nuggets Mashed Potatoes Green Beans Applesauce Hot Roll Milk	6 Chalupas Garden Salad Corn Oranges Cornbread Milk	7 Hamburgers Tator Tots Burger Salad Pineapples Milk	8 Chicken Supreme w/ Noodles Green Beans Carrots Stix Mixed Fruit Hot Roll Milk
11 Ravioli Garden Salad Corn Applesauce Garlic Bread Milk	12 Chef's Salad Veggie Soup Fresh Fruit Crackers Milk	13 Frito Pie Pinto Beans Garden Salad Fruited Jello Cornbread Milk	14 Chicken Burger Tator Tots Burger Salad Apples Milk	15 Chili Dogs Veggie Stix PorknBeans Pineapples Milk
18 NO SCHOOL	19 Macaroni & Cheese w/ Ham Green Beans Carrots Stix Applesauce Sl. Bread Milk	20 Soft Tacos Spanish Rice Pinto Beans Garden Salad Peaches Milk	21 Cheeseburgers Oven Fries Burger Salad Oranges Milk	22 Corn Dogs PorknBeans Veggie Stix Pineapples Milk
25 Chili Mac Corn Garden Salad Peaches Garlic Bread Milk	26 Country Fried Steak Mashed Potatoes Mixed Fruit Hot Roll Milk	27 Burritos Garden Salad Corn Spanish Rice Fruited Jello Crackers Milk	28 BBQ on Bun Potato Salad Ranch Style Beans Fresh Fruit Milk	29 Nachos Pinto Beans Garden Salad Applesauce Cornbread Milk

Happy 2010!

It's a new year! Kick it off right by eating more foods that are healthy and by being more physically active. You can improve your diet by:

- © eating more fruits, vegetables and whole grains;
- © avoiding fried foods, sugary snacks, sodas and fruit drinks;
- © choosing skim or low-fat milk and dairy products; and
- © eating school meals.



Make a new year's resolution to spend more time exercising than playing video or computer games or watching television. Pump up your activity level and make 2010 your healthiest and most fun year yet!

Calling all family members!

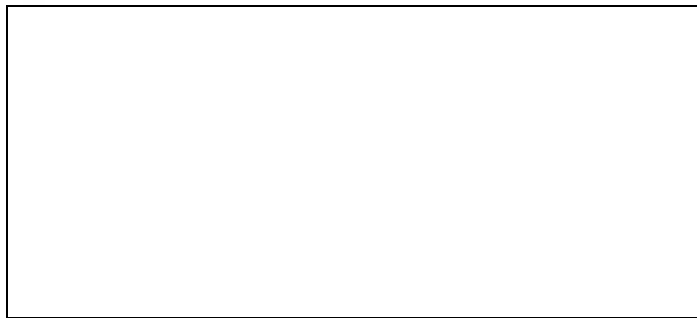
January is Family Fit Lifestyle Month! A great way to make regular physical activity a part of your family's routine is to get a notebook and keep a fitness diary. Record how long or far each family member walked, cycled or ran each day.



However you slice it

Did you know January is also National Wheat Bread Month? Americans eat bread at breakfast, lunch and dinner. Choose toast and sandwich bread made with whole-wheat flour. It's loaded with fiber and nutrients to keep you healthy and strong. Try to eat at least three whole-grain treats a day!

Check Out the CAFETERIA BUZZ



Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.
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