

NEW *This month!*
JANUARY MENU
GRADES K-5
give it a try!

Available Daily
Breakfast
 Cereal & Toast
Lunch
 PBJ Sandwich & String Cheese
JANUARY 3-6
 Chicken Wrap
JANUARY 9-13
 Tukey Sandwich

Tuesday, January 3
Breakfast
 Breakfast Toast
 Fruit, Juice & Milk
Lunch
 Popcorn Chicken w/ Sweet & Sour Sauce
 Mashed Potatoes & Gravy
 Glazed Carrots
 Fruit Choice
 Milk

Wednesday, January 4
Breakfast
 Yogurt & Homemade Muffin
 Fruit, Juice & Milk
Lunch
 Cheeseburger on Bun
 Potato Smiles
 Dark Green Broccoli
 Fruit Choice
 Milk

Thursday, January 5
Breakfast
 French Toast Sticks & Syrup
 Fruit, Juice and Milk
Lunch
 Cheese Pizza
 Or
 Pizza Sticks w/dipping Sauce
 Corn or Fresh Carrots
 Fruit Choice
 Milk

Friday, January 6
Breakfast
 Scrambled Eggs w/ Sausage & Toast
 Fruit, Juice & Milk
Lunch
 Toasted Ham & Cheese
 Or
 Toasted Cheese Sandwich
 Tomato Soup
 Green Beans
 Fruit Choice
 Milk

Monday, January 9
Breakfast
 Breakfast Pizza
 Fruit, Juice & Milk
Lunch
 Chicken Nuggets w/ BBQ Sauce & Rice
 Tender Peas
 Sweet Potato Fries
 Fruit Choice
 Milk



DON'T 4GET!
 To make a lunch, choose at least one

and 3-5 items total

HUDSON FALLS SCHOOL DISTRICT NUTRITION SERVICES

Tuesday, January 10
Breakfast
 Bagel & Cream Cheese
 Fruit Choice
 Milk
Lunch
 Cheese Stuffed Twister Stick & Meatballs
 Dark Green Broccoli
 Corn
 Fruit choice
 Milk

MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, January 11
Breakfast
 Yogurt & Homemade Muffin
 Fruit, Juice & Milk
Lunch
 Turkey, Mashed Potatoes, Gravy & Roll
 Cauliflower
 Glazed Carrots
 Fruit Choice
 Pudding
 Milk

Mooseum Quality

Choice of milk served with all complete meals:
 Skim & 1% White, Skim
 Chocolate, Skim
 Strawberry

Thursday, January 12
Breakfast
 Pancakes & Sausage
 Fruit, Juice & Milk
Lunch
 Cheese Pizza
 Or
 Pizza Sticks w/ Dipping Sauce
 Dark Green Broccoli
 Fresh Veggies
 Fruit Choice
 Milk

TAKE THE HIGH PERCENTAGE SHOT!

IT'S A SLAM DUNK! EAT LUNCH WITH US EVERY DAY TO DO YOUR BEST AT SCHOOL & PLAY!

BREAKFAST LUNCH
\$1.00 \$2.05

We provide free and reduced-price meals (\$.25) for eligible students.

Friday, January 13
Breakfast
 PBJ Gramwich
 Fruit, Juice & Milk
Lunch
 Hot Dog on Bun
 Green Beans
 Bush's Best Baked Beans
 Fruit choice
 Milk

Monday, January 16

Martin Luther King, Jr.



1929
1968

1964 Awarded Nobel Peace Prize

No School

Tuesday, January 17

Breakfast
Pancakes Wrap & Syrup
Fruit, Juice & Milk

Lunch
Tacos w/ Salsa & Rice
Dark Green Broccoli
Refried Beans
Fruit Choice
Milk

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A TASTY MORSEL FOR PARENTS

Wednesday, January 18

Breakfast
Yogurt & Homemade Muffin
Fruit, Juice & Milk

Lunch
Cheesburger on Bun
French Fries
Glazed Carrots
Fruit Choice
Milk



He's the heavyweight champ, whether he's cooked . . .

OR RAW!

He'll give any other food a nutritional body slam, because he's . . .

THE BROCC



Can you name the powerful food we're describing and the famous person we're comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

champion and actor Dwayne "The Rock" Johnson
A: The food is broccoli and the person is 17-time pro wrestling

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Thursday, January 19

Breakfast
French Toast Sticks & Syrup
Fruit, Juice & Milk

Lunch
Cheese or Pepperoni Pizza
Or
Pizza Sticks w/ dipping sauce
Dark Green Broccoli
Corn
Fruit Choice
Milk

Friday, January 20

Breakfast
Breakfast Toast
Fruit, Juice & Milk

Lunch
Toasted Ham & Cheese
Or
Toasted Cheese Sandwich
Homemade Soup
Green Beans
Fruit Choice
Milk

Monday, January 23

Breakfast
Breakfast Pizza
Fruit, Juice & Milk

Lunch
Mozzarella Sticks w/ Sauce
Glazed Carrots
Green Beans
Fruit Choice
Milk

Tuesday, January 24

Breakfast
PBJ Gramwich
Fruit, Juice & Milk

Lunch
Macaroni & Meat Sauce w/ Garlic Bread
Dark Green Broccoli
Corn
Fruit Choice
Milk

Wednesday, January 25

Breakfast
Yogurt & Homemade Muffin
Fruit, Juice & Milk

Lunch
Pancakes, Sausage & Syrup
Hash Brown Potatoes
Glazed Carrots
Fruit Choice
Milk

Thursday, January 26

Breakfast
Bagel & Cream Cheese
Fruit, Juice & Milk

Lunch
Cheese or Veggie Supreme
Pizza OR Pizza Sticks w/
Dipping Sauce
Tender Peas
Fresh Veggies
Fruit Choice
Milk

Friday, January 27

Breakfast
Iced Donut Ring w/Sprinkles
Fruit, Juice & Milk


Lunch
Chicken Burger on Bun
Sweet Potato Fries
Bush's Best Baked Beans
Fruit Choice
Milk

YEAR OF THE ROOSTER

This year, there are **TWO** New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.



Available Daily

Breakfast
Cereal & Toast

Lunch
PBJ Sandwich & String Cheese

JANUARY 17-20
Yogurt, String Cheese & Pretzel

JANUARY 23-27
Egg Salad Sandwich

JANUARY 30-31
Chicken & Lettuce Wrap

Monday, January 30

Breakfast
Breakfast Pizza
Fruit, Juice & Milk

Lunch
Nacho Bowl w/ Salsa & Rice
Refried Beans
Green Beans
Fruit Choice
Milk

Tuesday, January 31

Breakfast
Scrambled Eggs
w/ Sausage & Toast
Fruit, Juice & Milk

Lunch
Popcorn Chicken
w/ Sweet & Sour Sauce
Mashed Potatoes & Gravy
Glazed Carrots
Fruit Choice
Milk