



# JANUARY | 2019

## Primary & Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> Happy New Year	<b>1</b>	<b>2</b>	<b>3</b> Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Green Beans Pears Dinner Roll Milk	<b>4</b> Breakfast: Cereal-Toast Fruit-Juice-Milk Lunch: Corn Dog Baked Beans Cooked Carrots Fruit Milk
<b>7</b> Breakfast: Waffle Fresh Fruit-Fruit-Milk Lunch: Turkey & Cheese Sandwich Potato Wedges Carrots Fruit Cocktail Milk	<b>8</b> Breakfast: Toast Fresh Fruit-Fruit-Milk Lunch: Quesadilla Refried Beans Salsa-Winter Blend Juice Milk	<b>9</b> Breakfast: Berry Bread Fresh Fruit-Fruit-Milk Lunch: Pepperoni Pizza Broccoli & Cauliflower Fresh Fruit or Pears Milk	<b>10</b> Breakfast: Breakfast Pizza Fresh Fruit-Fruit-Milk Lunch: Spaghetti Italian Blend Vegetable Fresh Fruit or Peaches Milk	<b>11</b> Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: Hot Dog on Bun Baby Carrots- Celery Sticks Fresh Fruit or Juice Milk
<b>14</b> Breakfast: Pancakes Fresh Fruit-Fruit-Milk Lunch: Baked Cheese Pasta California Blend Fresh Fruit or Applesauce Milk	<b>15</b> Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Beef Tacos 2 Soft Shells Shredded Lettuce-Salsa Refried Beans Fresh Fruit or Juice Milk	<b>16</b> Breakfast: English Muffin Fresh Fruit-Fruit-Milk Lunch: Cheese Pizza Broccoli Cauliflower Fresh Fruit or Jell-O with Fruit Milk	<b>17</b> Breakfast: Ham & Cheese Croissant Fresh fruit-Fruit-Milk Lunch: Ham with Scalloped Potato Winter Blend Fresh Fruit or Pears Milk	<b>18</b> Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: Chicken Pot Pie With Biscuit Green Beans Fresh Fruit or Juice Milk
<b>21</b> Breakfast: French Toast Fresh fruit-Fruit-Milk Lunch: Hamburger Sandwich Sliced Tomato-Lettuce Baby Carrots Fresh Fruit or Fruit Cocktail Milk	<b>22</b> Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken Tacos 2 Soft Shells Shredded Lettuce-Salsa Refried Beans Fresh Fruit or Juice Milk	<b>23</b> Breakfast: Crackers & Yogurt Fresh fruit-Fruit-Milk Lunch: Sausage Pizza Broccoli Cauliflower Fresh Fruit or Strawberries Milk	<b>24</b> Breakfast: Donut Fresh Fruit-Fruit-Milk Lunch: Meatloaf Mashed Potato Green Beans Fresh Fruit or Peaches Dinner Roll Milk	<b>25</b> Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: Hot Ham & Cheese Sandwich Tomato Soup Celery Juice or Baked Apples Milk
<b>28</b> Breakfast: Waffle Fresh Fruit-Fruit-Milk Lunch: Hot Dog Baked Beans Carrots Fresh Fruit or Pineapple Milk	<b>29</b> Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken & Beans Chili Corn Bread Sliced Cucumbers Fresh Fruit or Juice Milk	<b>30</b> Breakfast: UBR Fresh fruit-Fruit-Milk Lunch: Stuffed Breadstick/Sauce Broccoli Cauliflower Fresh Fruit or Applesauce Milk	<b>31</b> Breakfast: Biscuits Fresh Fruit-Fruit-Milk Lunch: Spaghetti Italian Blend Vegetables Fresh Fruit or Pears Milk	<b>1</b> Breakfast: Cereal & Toast Fresh Fruit-Juice-Milk Lunch: BBQ Sandwich Baby Carrots & Celery Fresh Fruit or Juice Milk

### News

#### Start the Day (and the YEAR) Right!

Make giving your kids a healthy breakfast every day one of your New Year resolutions.

If you're short on time in the morning or your kids aren't hungry when they wake up, send them to school for breakfast. Healthy food choices are available very morning in the cafeteria for ALL Students. We cannot wait to see them there! Help your kids to make this semester a success- encourage them to eat breakfast!

