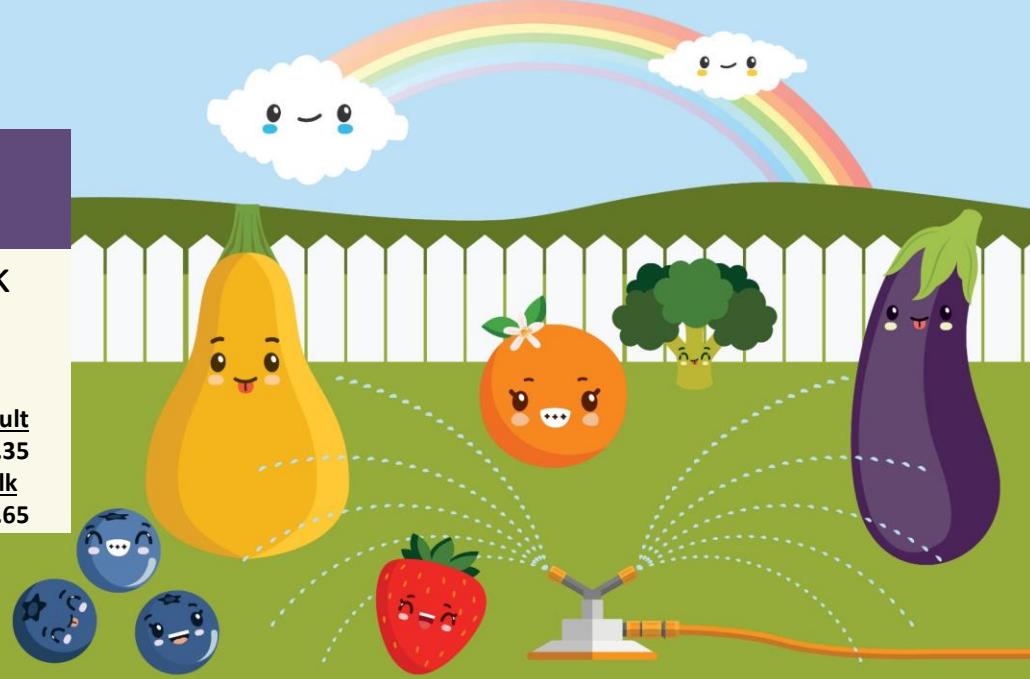


JANUARY 2026

Daily Offerings: Assorted Milk



Meal Prices	
<u>Lunch</u>	<u>Adult</u>
\$2.85	\$3.35
<u>Extra Entrée</u>	<u>Milk</u>
\$2.30	\$0.65



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SchoolDish			Winter Break: No School	1 Winter Break: No School
5 Winter Break: No School	6 1: Old Fashioned Patty Melt 2. Corn Dog Tater Tots & Pickled Cucumbers Banana & Apple Juice	7 1: Mini Pancakes & Cheese Omelet 2: BBQ Riblet Celery Sticks & Baby Carrots Warm Cinnamon Peaches & Grape Juice	8 1: Honey Stung Popcorn Chicken w/ Biscuit 2: Grilled Cheese Mashed Potatoes & Fresh Broccoli Applesauce & Orange Juice	9 1: Cheese Pizza 2: Three Cheese Salad w/ Breadstick Spinach Salad & Red Pepper Strips Apple & Fruit Juice
12 1: Pizza Meatball Sub 2: Popcorn Chicken w/ Breadstick 3: LTO Spicy Chicken & Street Corn Mac & Cheese Cooked Broccoli & Baby Carrots Mixed Fruit & Fruit Juice	13 1: Chicken Patty w/ Signature Sauce 2: Taco Wedges 3: LTO Spicy Chicken & Street Corn Mac & Cheese Cooked Broccoli & Baby Carrots Waffle Fries & Fresh Broccoli Diced Pears & Apple Juice	14 1: Spaghetti w/ Meat Sauce 2. Chicken Nuggets w/ Breadstick 3: LTO Spicy Chicken & Street Corn Mac & Cheese Baked Beans & Celery Sticks Apple & Grape Juice	15 1: Waffle w/ 2 Sausage Links 2: Cheeseburger 3: LTO Spicy Chicken & Street Corn Mac & Cheese Red Pepper Strips & Ruby Rush Juice Applesauce & Orange Juice	16 Early Dismissal: No Lunch
19 No School	20 1: Chicken Tenders w/ Garlic Knots 2: Cheesburger Cooked Carrots & Fresh Broccoli Banana & Apple Juice	21 1: Beef Walking Tacos 2: Cheese Quesadilla Kickin' Pinto Beans & Fresh Zucchini Diced Peaches & Grape Juice	22 1: BBQ Riblet 2: Grilled Cheese Veg Blend & Celery Sticks Applesauce & Orange Juice	23 1: Cheese Pizza 2: Popcorn Chicken Salad w/ Breadstick Spinach Salad & Baby Carrots Fresh Apple & Fruit Juice
26 1: Cheeseburger 2: MYO Flatbread Pizza Mashed Potatoes w/ Gravy & Fresh Broccoli Mixed Fruit & Fruit Juice	27 1: Chicken Patty Sliders 2: Maxx Sticks w/ Sauce Corn & Red Pepper Strips Banana & Apple Juice	28 1: Orange Chicken w/ Rice 2: Chicken Patty Sandwich Veg. Blend & Edamame Diced Peaches & Grape Juice	29 1: French Toast w/ 2 Sausage Patties 2: Hot Dog Celery Sticks & Ruby Rush Juice Applesauce & Orange Juice	30 1: Cheese Pizza 2: All-American Salad w/ Breadstick Spinach Salad & Baby Carrots Apple & Fruit Juice



EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

ACE'S RECIPE OF THE MONTH:

RAINBOW FLATBREAD PIZZA*



INGREDIENTS:

1 package (2 pieces) of Stonefire naan
1/2 cup of pizza sauce
1/2 cup of shredded Mozzarella cheese
4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
2 tsp. of olive oil
1 tsp. of Italian seasonings

PREPARATION:

1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!

DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.

