

Food Bytes

Whole School, Whole Community, Whole Child

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

A Whole School, Whole Community, Whole Child model includes:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all 10 components in place and working together, students will be healthier in school and ready to learn. Support the health and academic connection at your school.

Nutrilink:

<https://healthymeals.fns.usda.gov/feature-s-month/january/family-fit-lifestyle-month>

Breakfast for January 2018

Top Spanish Catering, INC

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
 <p><i>New Year's Day</i></p>	Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Corn Apple Muffins Fresh Fruit	Whole Wheat French Toast Breakfast Sausage Fresh Fruit	Whole Grain Bagels Cream Cheese Fresh Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Pancake Scrambled Egg Fresh Fruit	Whole Grain Corn Apple Muffins Fresh Fruit	Whole Grain Waffle Turkey Bacon Fresh Fruit	Whole Grain Bagels Cream Cheese Fresh Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Assorted Whole Grain Cereal Fresh Fruit	Whole Grain English Muffin with Turkey Ham and Cheese Fresh Fruit	Whole Grain Corn Apple Muffins Fresh Fruit	Whole Wheat French Toast Breakfast Sausage Fresh Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Pancake Breakfast Sausage Fresh Fruit	Whole Grain Corn Apple Muffins Fresh Fruit	Whole Grain Waffle Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onions Fresh Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Corn Apple Muffins Fresh Fruit	Whole Grain Waffle Turkey Bacon Fresh Fruit	Whole Grain Bagels Cream Cheese Fresh Fruit	Whole Wheat French Toast Breakfast Sausage Fresh Fruit

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK *** MENU SUBJECT TO CHANGE.

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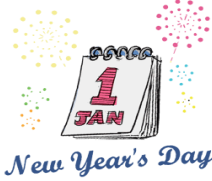
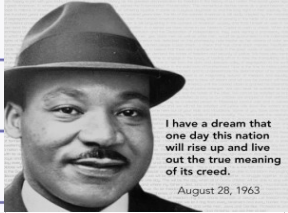
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Lunch for January 2018

Top Spanish Catering, INC

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
 <p>New Year's Day</p>	Chicken Parmesan Sandwich WG Bun Marinara Sauce Mixed Vegetables Fresh Fruit	Whole Grain Chicken Nuggets Whole Grain Bun Steamed Corn Fresh Fruit	Macaroni and Cheese Romaine Lettuce, Spinach and Tomato Salad Fresh Fruit	Turkey Bologna Sandwich Beans, Cucumber and Onion Salad Granola Bar Fresh Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Turkey Hot Dog Hot Dog Roll Baked Beans Fresh Fruit	Whole Grain Chicken Drumstick Whole Grain Bun Steamed Carrots Fresh Fruit	Chicken Taco Taco Shell Romaine Lettuce and Tomato Mixed Salad Fresh Fruit	Turkey Sausage Jambalaya Steamed Green Peas Fresh Fruit	Chicken Salad Sandwich Whole Grain Bun Celery Sticks Fresh Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Chicken Patty Sandwich on Whole Grain Bun Sweet Potatoes Fresh Fruit	Chicken Teriyaki/ Stir Fry Brown Rice Steamed Corn Fresh Fruit	Turkey Pepperoni Pizza Mixed Green Salad Fresh Fruit	Turkey Ham Sandwich Black Beans, Cucumber and Onion Salad Fresh Fruit Animal Cookie
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Chicken Patty Sandwich Whole Grain Bun Carrots Fresh Fruit	Chicken Salisbury Brown Rice Corn Fresh Fruit	Spaghetti and Chicken Broccoli Fresh Fruit	Chicken Drumstick Whole Grain Bun Green Peas Fresh Fruit	Turkey Bologna Sandwich Creamy Coleslaw Fresh Fruit Granola Bar
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
Fish Sandwich Whole Grain Bun Carrots Fresh Fruit	Macaroni and Cheese Romaine Lettuce Salad; Fresh Fruit	Whole Grain Chicken Nuggets Whole Grain Bun Corn; Fresh Fruit	Spanish Rice with Chicken Garbanzo Beans Fresh Fruit	Turkey Hot Dog Hot Dog Roll Baked Beans Fresh Fruit

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Vegetarian for January 2018

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Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
 <p><i>New Year's Day</i></p>	Vegetarian Patty Sandwich WG Bun Mixed Vegetables Fresh Fruit	Vegetarian Chick'n Nuggets Whole Grain Bun Steamed Corn Fresh Fruit	Pasta and Vegetarian Meat Romaine Lettuce, Spinach and Tomato Salad Fresh Fruit	Vegetarian Patty Sandwich Beans, Cucumber and Onion Salad Granola Bar Fresh Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Vegetarian Patty Hot Dog Roll Baked Beans Fresh Fruit	Whole Grain Rice and Beans Steamed Carrots Fresh Fruit	Vegetarian Meat Taco Shell Romaine Lettuce and Tomato Mixed Salad Fresh Fruit	Vegetarian Meat Jambalaya Steamed Green Peas Fresh Fruit	Vegetarian Patty Whole Grain Bun Celery Sticks Fresh Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	Vegetarian Patty Sandwich on Whole Grain Bun Sweet Potatoes Fresh Fruit	Vegetable Stir Fry Brown Rice Steamed Corn Fresh Fruit	Tofu and Vegetarian Meat Pizza Mixed Green Salad Fresh Fruit	Vegetarian Sandwich Black Beans, Cucumber and Onion Salad Fresh Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Vegetarian Patty Sandwich Whole Grain Bun Carrots Fresh Fruit	Whole Grain Rice and Beans Corn Fresh Fruit	Spaghetti and Vegetarian Meat Broccoli Fresh Fruit	Vegetarian Patty Whole Grain Bun Green Peas Fresh Fruit	Vegetable Sandwich Creamy Coleslaw Fresh Fruit Granola Bar
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
Vegetarian Patty Sandwich Whole Grain Bun Carrots Fresh Fruit	Macaroni and Vegetarian Meat Romaine Lettuce Salad; Fresh Fruit Fresh Fruit	Vegetarian Patty Whole Grain Bun Corn; Fresh Fruit Fresh Fruit	Whole Grain Brown Rice and Beans Garbanzo Beans Fresh Fruit	Vegetarian Sandwich Hot Dog Roll Baked Beans Fresh Fruit

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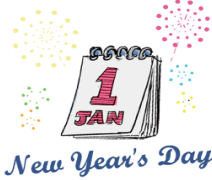
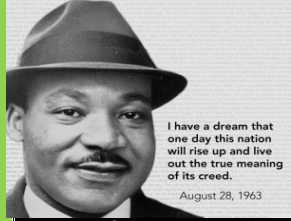
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Snack for January 2018

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Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
 <p>New Year's Day</p>	Mini Croissants and Jelly Milk	Pretzel Milk	Graham Crackers 100% Fruit Juice	Cheese String Fresh Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Blueberry Muffins Milk	Fat Free Yogurt Fresh Fruit	Graham Crackers Milk	1/2 Turkey Sandwich Water Provided by the School	Pretzel Milk
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
 <p>I have a dream that one day this nation will rise up and live out the true meaning of its creed. August 28, 1963</p>	Cheese String Fresh Fruit	Sun Chips Milk	Carrots and Celery Sticks 100% Fruit Juice	Blueberry Muffins Milk
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Graham Crackers Milk	1/2 Turkey Sandwich Water Provided by the School	Cheese String Fresh Fruit	Mini Croissants and Jelly Milk	Pretzel Milk
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
Corn Muffins Milk	Fat Free Yogurt Fresh Fruit	Sun Chips Milk	Carrots and Celery Sticks 100% Fruit Juice	Graham Crackers Milk

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