

WELCOME TO THE NEW YEAR!

HS/EHS MENUS FOR JANUARY 2023

GARVEY SCHOOL DISTRICT

This institution is an equal opportunity provider. Menus are subject to change.

I am the letter

M



milk

Available Daily

MILK IS SERVED AT EVERY BREAKFAST, LUNCH & SNACK

**1-2 YR. OLD = 1/2 CUP WHOLE UNFLAVORED MILK
& 2-5 YR. OLD = 3/4 CUP 1% UNFLAVORED MILK**

ALL GRAINS OFFERED ARE (WG) WHOLE GRAIN RICH

Early Head Start FOOD ITEMS ARE MODIFIED & ADJUSTED FOR TODDLERS

Monday, January 9

Breakfast

WG Waffles
Milk and Fruit

Lunch

WG Beef Taco Stick
Green Peas
Milk and Fruit

Snack

WG Jungle Crackers
Low-Fat Milk

Tuesday, January 10

Breakfast

WG Cereal & Low-Fat Yogurt
Milk and Fruit

Lunch

WG Pizza Sliders
Diced Carrots
Milk and Fruit

Snack

WG Scooby Doo Sticks
Low-Fat Milk

Wednesday, January 11

Breakfast

Breakfast Burrito
Milk and Fruit

Lunch

Popcorn Chicken Bites
& WG Dinner Roll
Green Beans
Milk and Fruit

Snack

WG Cheez-Its
Low-Fat Milk

Thursday, January 12

Breakfast

WG Baked Apple Pockets
Milk and Fruit

Lunch

BBQ Pulled Pork Sandwiches
Sweet Potato Crinkle Cut Fries
Milk and Fruit

Snack

Sliced Cucumbers & Tuna Salad
Low-Fat Milk

Friday, January 13

Breakfast

WG Blueberry Muffin
Milk and Fruit

Lunch

WG Bean & Cheese Burrito
Yellow Corn
Milk and Fruit

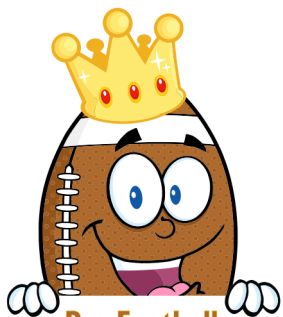
Snack

WG Apple Cinnamon Bears
Low-Fat Milk

Word of the Month

cour-age

n. 1. the quality of mind or spirit that enables one to face difficulty, danger, fear, pain, etc. with self-possession, confidence, and resolution 2. bravery



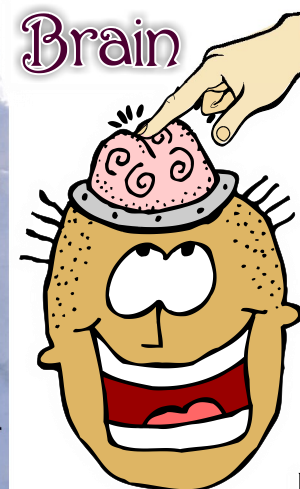
Pro Football playoffs start January 14. What team will wear the crown?

Chionophobia



Word play

"Chionophobia" is the fear of snow or being snowbound.



Brain Ticklers

Why did the man bring two pairs of pants to the golf course?

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

IN CASE OF FIRE CALL 911

GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

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



Monday, January 16
MLK Day
No School Today

Tuesday, January 17

Breakfast
WG French Toast Sticks
Milk and Fruit

Lunch
WG Chicken Egg Rolls
Green Beans
Milk and Fruit

Snack
Sliced Apples
Low-Fat Milk

Wednesday, January 18

Breakfast
WG Mini Bagel & Cream Cheese
Milk and Fruit

Lunch
Chicken Tenders & WG Goldfish
Diced Carrots
Milk and Fruit

Snack
WG Strawberry Grahams
Low-Fat Milk

Thursday, January 19

Breakfast
WG Pancakes
Milk and Fruit

Lunch
WG Cheeseburger Sliders
Yellow Corn
Milk and Fruit

Snack
WG Jungle Crackers
Low-Fat Milk

Friday, January 20

PLANNING DAY
For: Full Day

Breakfast
WG Pizza Bagel
Milk and Fruit

Lunch
WG Grilled Cheese Sandwich
Green Peas
Milk and Fruit

Snack
WG Belly Bear Grahams
Low-Fat Milk

YEAR OF THE RABBIT



兔

The Chinese New Year begins with the new moon on January 22. 2023 is the year of the Rabbit.

Monday, January 23

Breakfast
WG Waffles
Milk and Fruit

Lunch
WG Beef Taco Stick
Green Peas
Milk and Fruit

Snack
WG Jungle Crackers
Low-Fat Milk

Tuesday, January 24

Breakfast
WG Cereal & Low-Fat Yogurt
Milk and Fruit

Lunch
Chicken Taquitos
Diced Carrots
Milk and Fruit

Snack
WG Scooby Doo Sticks
Low-Fat Milk

Wednesday, January 25

Breakfast
Breakfast Burrito
Milk and Fruit

Lunch
WG Pizza Sliders
Green Beans
Milk and Fruit

Snack
WG Cheez-Its
Low-Fat Milk

Thursday, January 26

Breakfast
WG Apple Frudel
Milk and Fruit

Lunch
Grilled Chicken Sandwich
Baked French Fries
Milk and Fruit

Snack
String Cheese & WG Savory
Wheat Crackers
** EHS: Cheese Spread & Flatbread
Low-Fat Milk

Friday, January 27

Breakfast
WG Blueberry Muffin
Milk and Fruit

Lunch
WG Cheese Calzone
Yellow Corn
Milk and Fruit

Snack
WG Apple Cinnamon Bears
Low-Fat Milk

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day, 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 QUICK BITE FOR PARENTS

Monday, January 30

Breakfast
WG Pan Dulce Concha
Milk and Fruit

Lunch
WG Turkey & Cheese Croissant
Mixed Vegetables
Milk and Fruit

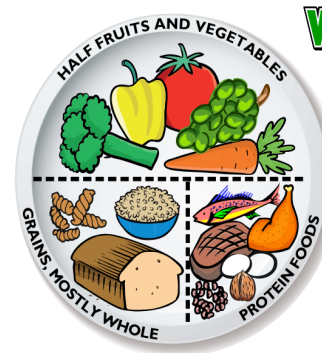
Snack
Sliced Cucumbers & Ranch Dressing
Low-Fat Milk

Tuesday, January 31

Breakfast
WG French Toast Sticks
Milk and Fruit

Lunch
Chicken Salad Sandwich
Yellow Corn
Milk and Fruit

Snack
WG Goldfish Snack
Low-Fat Milk



What's on YOUR plate?



Because he beat the eggs, mashed the potatoes, and whipped the cream!

Q: Why did the food think the chef was such a mean guy?

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