

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2023

GARVEY SCHOOL DISTRICT

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

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 Honey Buns
Milk and Fruit

Lunch
WG Corn Dogs or Double Dogs
Diced Carrots
Milk and Fruit

Snack
WG Scooby Doo Sticks
Low-Fat Milk

Wednesday, January 11

Breakfast
Breakfast Burrito
Milk and Fruit

Lunch
Domino's or Papa John's Pizza
Green Beans
Milk and Fruit

Snack
WG Cheez-Its
Low-Fat Milk

Thursday, January 12

Breakfast
WG Apple Frudel
Milk and Fruit

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

Snack
WG Chocolate Chip Cookies
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

Available Daily

Breakfast
Assorted WG Cereal & Low-Fat Yogurt or String Cheese

Breakfast & Lunch
Assorted Fruits & Vegetables

Menu Key
WG = Whole Grain

***** REMINDER TO ALL K-8th PARENTS & STUDENTS *****

A COMPLETE Breakfast or Lunch Meal must be selected by the student to be considered **FREE \$0.00!**

Take at least 3
One must be a fruit
BREAKFAST
A COMPLETE BREAKFAST INCLUDES:

Take 3-5
One must be a fruit or veggie
LUNCH
A COMPLETE LUNCH INCLUDES:

Student A La Carte
Menu Item Prices for SY 22-23
Main Entrée (Breakfast) = \$2.00
Main Entrée (Lunch) = 3.50
Fruit/Vegetable/Juice = \$.75
Milk = \$.50



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

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GARVEY SCHOOL DISTRICT NUTRITION SERVICES



schoolcafé

Online Application



www.schoolcafe.com

If you need assistance, please call Crystal in the Food Services Office to make an appointment (626) 307-3407 x 2603

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!



THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 16
MLK Day
No School Today

Tuesday, January 17

Breakfast

WG French Toast Sticks
Milk and Fruit

Lunch

WG Chicken Egg Rolls or Yogurt Parfait
Green Beans
Milk and Fruit

Snack

WG Goldfish Snack
Low-Fat Milk

Wednesday, January 18

Breakfast

WG Mini Bagel & Cream Cheese
Milk and Fruit

Lunch

Chicken Tenders & WG Pretzel Goldfish or Managers' Choice
Baby Carrots
Milk and Fruit

Snack

WG Strawberry Grahams
Low-Fat Milk

Thursday, January 19

Breakfast

WG Cereal & Low-Fat Yogurt or Pancakes
Milk and Fruit

Lunch

WG Cheeseburger Sliders
Yellow Corn
Milk and Fruit

Snack

WG Jungle Crackers
Low-Fat Milk

Friday, January 20

Breakfast

WG Pizza Bagel
Milk and Fruit

Lunch

WG Grilled Cheese Sandwich or Tuna Sandwich
Green Peas
Milk and Fruit

Snack

WG Belly Bear Grahams
Low-Fat Milk

YEAR OF THE RABBIT



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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 Honey Buns
Milk and Fruit

Lunch

WG Corn Dogs or Double Dogs
Diced Carrots
Milk and Fruit

Snack

WG Scooby Doo Sticks
Low-Fat Milk

Wednesday, January 25

Breakfast

Breakfast Burrito
Milk and Fruit

Lunch

Domino's or Papa John's Pizza
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

WG Chocolate Chip Cookies
Low-Fat Milk

Friday, January 27

Breakfast

WG Blueberry Muffin
Milk and Fruit

Lunch

WG Cheese or Pepperoni 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

Dried Fruit Bites & Low-Fat String Cheese
Low-Fat Milk

Tuesday, January 31

Breakfast

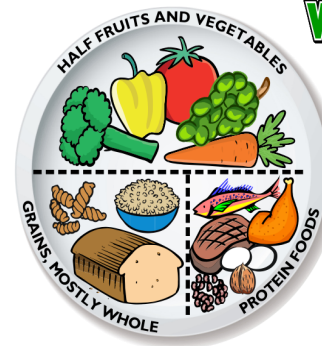
WG French Toast Sticks
Milk and Fruit

Lunch

Chicken Salad on Tostada Shells or Yogurt Parfait
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