SWEET DREAMS.

Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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





Leave it alone.



Tuesday, January 21

Breakfast Sausage Biscuit*

Lunch -Pepperoni Pizza* -Hot Dog on Bun -Italian Salad & Bosco Stick* -Deli Sandwich **Seasoned Carrots** Chilled Applesauce Cold Milk

Wednesday, January 22

Breakfast Yogurt Parfait & Oatmeal Bar Lunch -Chicken Strips & Mini Waffles -BBO Ribette Sandwich* -Chef Salad & Bosco Stick -Deli Sandwich **Emoji Potatoes** Frozen Juice Cup Cold Milk

Thursday, January 23

Breakfast French Toast Sticks & Syrup Lunch -Cheesy Baked Potato & Bosco Stick (Cheese Sauce) -Hot & Spicy Chicken Sandwich -Italian Salad & Bosco Stick* -Deli Sandwich Steamed Broccoli Chilled Peaches

Friday, January 24

Breakfast Breakfast Baael*

Lunch -Toasted Ravioli & Bosco Stick -Sub Sandwich -Chef Salad & Bosco Stick -Deli Sandwich Sweet Corn Orange Smiles

You've heard of the "5 second rule." right? Don't buy it. Believe it or not. germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



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

Monday, January 27

Breakfast Pancake Sausage Sandwich*

Lunch -Sausage Pizza* -Corn Dog -Popcorn Chicken Salad & Bosco Stick -Deli Sandwich **Baked Beans** Mixed Fruit Cold Milk

Tuesday, January 28

Breakfast Yogurt Cup & Nutri-grain Bar Bacon, Egg & Cheese Biscuit*

Lunch -Bacon Cheeseburger* -Turkey & Cheese Wrap -Italian Salad & Bosco Stick* -Deli Sandwich Green Beans Chilled Applesauce Cold Milk

Wednesday, January 29

Breakfast

Lunch -Chicken Nuggets & Roll -Meatball Sandwich* -Chef Salad & Bosco Stick -Deli Sandwich Mashed Potatoes & Gravv **Chilled Pears** Cold Milk

Thursday, January 30

Cold Milk

Breakfast Banana Bread

Lunch -Orange Chicken & Fried Rice -Hamburger on Bun -Italian Salad & Bosco Stick* -Deli Sandwich Steamed Broccoli

Chilled Pineapple Fortune Cookie Cold Milk

Friday, January 31

Cold Milk

Breakfast Cheesy Chicken Biscuit

Lunch -Chili & Crackers -Cheesy Fish Sandwich -Chef Salad & Bosco Stick -Deli Sandwich **Baby Carrots** Fresh Apple **Tiger Bites**

Cold Milk

