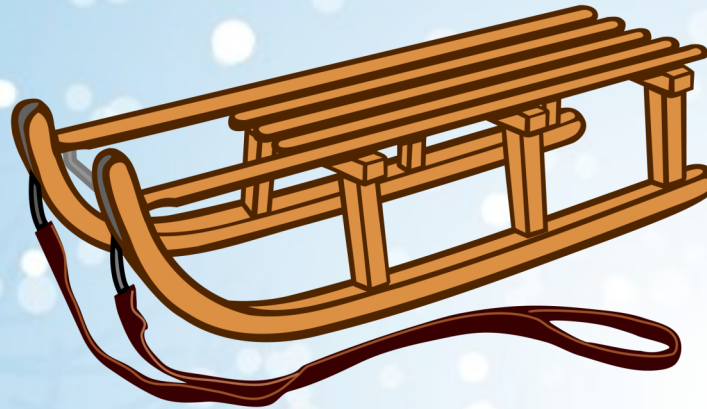


SWEET DREAMS.



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!

THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 20
MLK Day
 No School Today

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
 -BBQ 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
 Cold Milk

Friday, January 24

Breakfast
Breakfast Bagel*

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

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

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

Wednesday, January 29

Breakfast
Bacon, Egg & Cheese Biscuit*

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

Thursday, January 30

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

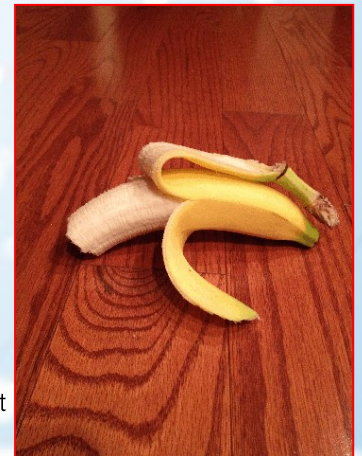
Breakfast
Cheesy Chicken Biscuit

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



Leave it alone.

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

