

Nutrition Across the Curriculum

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year	2 No School	3 Chicken Nuggets Baked Beans Fruit Cocktail	4 Peperoni Pizza Fruit Veggie	5
6	7 Chicken Parmesan Zucchini Peaches	8 Veggie Soup Roll Apricot	9 Cheeseburger Cheesy Potatoes Tropical Fruit	10 Breakfast Burrito Whole Potatoes Peaches w/Yogurt	11 Three Cheese Pizza Fruit Veggie	12
13	14 Stir Fry Bowl Pineapple	15 Pasta Fagioli Bread Stick Tropical Fruit	16 Ham & Cheese Sandwich Bean Salad Applesauce	17 Turkey Sandwich w/Pasta Salad Celery Plum	18 Pizza Stick Fruit Veggie	19
20	21 No School	22 Chicken & Rice Fresh Broccoli Fruit Cocktail	23 BBQ Pulled Pork Chickpea Salad Peaches	24 Grilled Chicken Salad Roll Apple	25 Breakfast Pizza Fruit Veggie	26
27	28 Garlic Crusted Parmesan Chicken Mashed Potato Baked Apple	29 Chili Cornbread Applesauce	30 Beef Stroganoff Green Beans Pear	31 Baked Potato w/Bacon & Cheese Broccoli Oranges		

Eat Healthy and Stay Strong