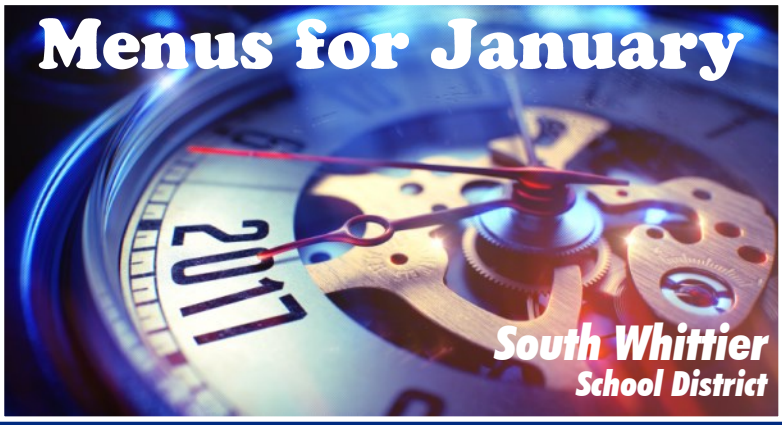


# Menus for January



**South Whittier  
School District**

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

## Available Daily

Fruits and vegetables are offered during breakfast and lunch. 1% milk and nonfat chocolate milk offered daily. All grains offered are whole grains.

**Prices**

Student Breakfast:	\$1.00
Student Lunch:	\$1.75
Adult Lunch:	\$2.50
Milk:	\$.50

# MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

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

**Monday, January 9**

**Breakfast**  
Honey Nut Scooters  
OR  
Breakfast Pizza  
Apple Juice

**Lunch**  
Chicken Patty Sandwich  
Baked Fries  
Cupped vegetables  
Baby Carrots  
Apple Slices  
Cupped Fruit

**Tuesday, January 10**

**Breakfast**  
Marshmallow Matey's  
OR  
Pan Dulce  
Bananas

**Lunch**  
Chicken Tostada  
Spanish Rice  
Shredded Lettuce  
Diced Tomatoes  
Salad  
Bananas  
Cupped Fruit

**Wednesday, January 11**

**Breakfast**  
Frosted Mini Spooners  
OR  
Quesadilla  
Orange Slices

**Lunch**  
Orange Chicken w/ Brown Rice  
Broccoli w/ Cheese  
Baby Carrots  
Oranges  
Cupped Fruit

**Thursday, January 12**

**Breakfast**  
Raisin Bran  
OR  
Banana Muffin  
Cupped Fruit

**Lunch**  
Turkey Dog w/ Chili Beans  
Salad  
Cupped Vegetables  
Grapes/Apples  
Jicama

**Friday, January 13**

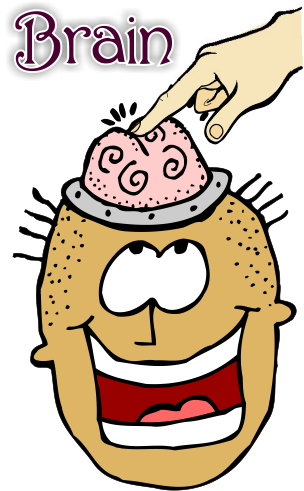
**Breakfast**  
Marshmallow Matey's  
OR  
Peanut Butter/Jelly Sandwich  
Apple Slices

**Lunch**  
Rib Sandwich  
Tostito's Scoops  
Salad/Baby Carrots  
Cupped Fruit  
Chocolate Chip Cookie  
Jicama

**Snap out of it!**

Yes, vacation is over, but we're happy to see you – and it won't be too long until Spring Break!

**Welcome Back!**



**Brain Ticklers**

Jimmy's mom has 4 kids. She named the first Monday, the second Tuesday, and the third Wednesday. What do you think she named her fourth child?

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

**Happy New Year!**

**Welcome Back!**

*We hope you enjoyed your break!*

**DON'T GET!**

**To make a lunch, choose at least one**

**Fruit/Juice** or **Veggie**

**and 3-5 items total**

**SOUTH WHITTIER SCHOOL DISTRICT**

Monday, January 16

**Martin Luther King, Jr.**

1929  
1968



**No School**

Tuesday, January 17

**Breakfast**

Marshmallow Matey's  
OR  
Yogurt Parfait  
Bananas

**Lunch**

Chicken Fajitas w/ Tortilla Beans  
Spanish Rice  
Salad  
Bananas  
Cupped Fruit  
Jicama

Wednesday, January 18

**Breakfast**

Frosted Mini Spooners  
OR  
Pancake  
Orange Slices

**Lunch**

Deli Turkey/Ham Sandwich  
Sun Chips  
Baby Carrots  
Oranges  
Cupped Fruit  
Jicama

Thursday, January 19

**Breakfast**

Raisin Bran  
OR  
Blueberry Muffin  
Cupped Fruit

**Lunch**

Bean & Cheese Burritos  
Cupped Vegetables  
Salad  
Grapes/Apples  
Jicama

Friday, January 20

**Breakfast**

Marshmallow Matey's  
OR  
Sausage Muffin  
Apple Slices

**Lunch**

Corn Dog  
Broccoli w/ Cheese  
Salad/Baby Carrots  
Cupped Fruit  
Chocolate Chip Cookie  
Jicama

Monday, January 23

**Breakfast**

Honey Nut Scooters  
OR  
Breakfast Pizza  
Orange Juice

**Lunch**

Chicken Nuggets  
Mashed Potatoes/Gravy  
Dinner Roll  
Baby Carrots  
Apple Slices  
Cupped Fruit

Tuesday, January 24

**Breakfast**

Marshmallow Matey's  
OR  
Breakfast Bun  
Bananas

**Lunch**

Chicken/Cheese Tamales  
Pinto Beans  
Cupped Vegetables  
Salad  
Bananas  
Cupped Fruit

Wednesday, January 25

**Breakfast**

Frosted Mini Spooners  
OR  
Quesadilla  
Orange Slices

**Lunch**

Teriyaki Chicken w/Brown Rice  
Asian Vegetables  
Baby Carrots  
Orange Slices  
Cupped Fruit

Thursday, January 26

**Breakfast**

Raisin Bran  
OR  
Apple Muffin  
Cupped Fruit

**Lunch**

Grilled Cheese Sandwich  
Sun Chips  
Salad  
Cupped Vegetables  
Grapes/Apples  
Jicama

Friday, January 27

**Breakfast**

Marshmallow Matey's  
OR  
Pancake Stick  
Apple Slices

**Lunch**

Taco Sticks  
Cupped Vegetables  
Salad/Baby Carrots  
Cupped Fruit  
Chocolate Chip Cookie  
Jicama

Monday, January 30

**Breakfast**

Honey Nut Scooters  
OR  
Chorizo Wrap  
Orange Juice

**Lunch**

Hamburger/Cheeseburger  
Baked Fries  
Baby Carrots  
Apple Slices  
Cupped Fruit

Tuesday, January 31

**Breakfast**

Marshmallow Matey's  
OR  
Yogurt Parfait  
Bananas

**Lunch**

Beef Tostada  
Spanish Rice  
Shredded Lettuce  
Diced Tomatoes  
Salad  
Bananas  
Cupped Fruit

**NUTRITION TO GO**

**Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, 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 TASTY MORSEL FOR PARENTS**



He's the heavyweight champ, whether he's cooked . . .

**OR RAW!**

He'll give any other food a nutritional body slam, because he's . . .

**THE BROCC**



**Can you name the powerful food we're describing and the famous person we're comparing it to?**

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

champion and actorwayne "the rock" roswell  
A: The food is broccoli and the person is 17-time pro wrestling

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**YEAR OF THE ROOSTER**

This year, there are **TWO New Years** in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.

