

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>Breakfast:</b> Sausage Breakfast Pizza</p> <p><b>Lunch:</b> Cheesy Breadsticks with Marinara (v) Pork Rib-B-Que Sandwich Fruit &amp; Yo To-Go Box (v) Side Veggie: Mixed Vegetables</p>	<p><b>Breakfast:</b> Pancake Bites with Cinnamon &amp; Sugar (v)</p> <p><b>Lunch:</b> Mini Cheese Ravioli with WG Roll (v) Hamburger or Cheeseburger Veggie Burger (v) Side Veggie: Baked Beans</p>	<p><b>Breakfast:</b> Ultimate Breakfast Rount</p> <p><b>Lunch:</b> Orange Chicken Rice Bowl Baked Corn Dog Chef Salad with WG Rolls Side Veggie: Roasted Broccoli &amp; Carrots</p>	<p><b>Breakfast:</b> Homemade Muffin (v)</p> <p><b>Lunch:</b> Macaroni &amp; Cheese (v) Chicken Burger Fruit &amp; Yogurt Parfait (v) Side Veggie: Aztec Corn</p>	<p><b>Breakfast:</b> Bagel &amp; Cream Cheese (v)</p> <p><b>Lunch:</b> Homemade Pepperoni Pizza Homemade Cheese Pizza (v) Turkey &amp; Cheese Sandwich Side Veggie: Tater Tot Hash</p>

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit and milk

<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>Breakfast:</b> Mini French Toast (v)</p> <p><b>Lunch:</b> Meatball Marinara Sub Chicken Nuggets with WG Roll Chef Salad with WG Rolls Side Veggie: Mixed Vegetables</p>	<p><b>Breakfast:</b> Ultimate Breakfast Round (v)</p> <p><b>Lunch:</b> Breakfast For Lunch: French Toast Sticks and Sausage Taco Tuesday: Turkey Soft Taco Side Veggie: Tater Tots</p>	<p><b>Breakfast:</b> Mini Maple Pancakes (v)</p> <p><b>Lunch:</b> Sweet &amp; Sour Chicken Rice Bowl <b>Zenners * Hot Dog</b> SB &amp; J or PB &amp; J Sandwich (v) Side Veggie: Roasted Broccoli &amp; Carrots</p>	<p><b>Breakfast:</b> Cherry Frudel (v)</p> <p><b>Lunch:</b> Cheesy Breadsticks with Marinara (v) Turkey Taco Nachos Pinwheel Party Box Side Veggie: Aztec Corn &amp; Black Beans</p>	<p><b>Breakfast:</b> WG Cinnamon Roll (v)</p> <p><b>Lunch:</b> Homemade Cheese Pizza (v) Scratch Made Sloppy Joe American Sandwich Side Veggie: Mashed Potatoes</p>

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables and milk

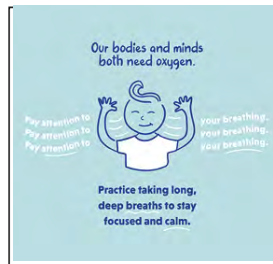
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
NO SCHOOL	<p><b>Breakfast:</b> Biscuit with Jam (v)</p> <p><b>Lunch:</b> Chicken Alfredo Pasta Chicken Burger SB &amp; J or PB &amp; J Sandwich (v) Side Veggie: Mixed Vegetable Blend</p>	<p><b>Breakfast:</b> Ultimate Breakfast Round (v)</p> <p><b>Lunch:</b> Pork Posole with WG Tortilla Chips Pretzel with Cheese Sauce (v) Chef Salad with WG Rolls Side Veggie: Potato Wedges</p>	<p><b>Breakfast:</b> Mini Maple Waffles (v)</p> <p><b>Lunch:</b> Turkey Gravy over Mashed Potatoes and WG Rolls Baked Corn Dog Fruit &amp; Yogurt Parfait (v) Side Veggie: Baked Beans</p>	<p><b>Breakfast:</b> Homemade Fruit Muffin (v)</p> <p><b>Lunch:</b> Homemade Cheese Pizza (v) Fish &amp; Chips Ham &amp; Cheese Sandwich Side Veggie: Roasted Broccoli and Carrots</p>

All meals for the 2021-2022 school year are free to all students!

<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>Breakfast:</b> French Toast Sticks (v)</p> <p><b>Lunch:</b> Hamburger or Cheeseburger Veggie Burger (v) Italian Combo Stacker Box Side Veggie: Roasted Broccoli</p>	<p><b>Breakfast:</b> Yogurt with Graham Crackers (v)</p> <p><b>Lunch:</b> Taco Tuesday: Turkey Soft Taco Glazed Chicken Drumstick with WG Rolls SB &amp; J or PB &amp; J Sandwich (v) Side Fruit: Mixed Vegetables</p>	<p><b>Breakfast:</b> Ultimate Breakfast Round (v)</p> <p><b>Lunch:</b> Popcorn Chicken Potato Bowl with WG Roll <b>Zenners* Hot Dog</b> Fruit &amp; Yogurt Parfait (v) Side Veggie: Baked Beans</p>	<p><b>Breakfast:</b> Blueberry Bagel &amp; Cream Cheese (v)</p> <p><b>Lunch:</b> Chicken Burger Chicken Caesar Salad with WG Rolls Turkey &amp; Cheese Sandwich Side Veggie: Roasted Broccoli and Carrots</p>	NO SCHOOL

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<b>31</b>
<p><b>Breakfast:</b> Pancake Sausage on a Stick</p> <p><b>Lunch:</b> Chicken Teriyaki Rice Bowl Turkey &amp; Cheese Sandwich EZ Pizza Box Side Veggie: Roasted Broccoli &amp; Carrots</p>



(v) = meatless option

## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.

## Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

## Fresh Pick Recipe

### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*



**SCHOOL MEAL PRICES:**  
**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00**

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