

Food Bytes

Whole School, Whole Community, Whole Child

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

A Whole School, Whole Community, Whole Child model includes:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

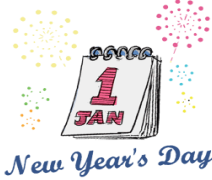
With all 10 components in place and working together, students will be healthier in school and ready to learn. Support the health and academic connection at your school.

Nutrilink:

<https://healthymeals.fns.usda.gov/feature-s-month/january/family-fit-lifestyle-month>

Breakfast for January 2018

Top Spanish Catering, INC

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
 <p><i>New Year's Day</i></p>	<p>Winter Break (No School)</p>	<p>Whole Grain Corn Apple Muffins Fresh Fruit</p>	<p>Whole Wheat French Toast Breakfast Sausage Fresh Fruit</p>	<p>Whole Grain Bagels Cream Cheese Fresh Fruit</p>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p>Assorted Whole Grain Cereal Fresh Fruit</p>	<p>Whole Grain Pancake Scrambled Egg Fresh Fruit</p>	<p>Whole Grain Corn Apple Muffins Fresh Fruit</p>	<p>Whole Grain Waffle Turkey Bacon Fresh Fruit</p>	<p>Whole Grain Bagels Cream Cheese Fresh Fruit</p>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	<p>Assorted Whole Grain Cereal Fresh Fruit</p>	<p>Whole Grain English Muffin with Turkey Ham and Cheese Fresh Fruit</p>	<p>Whole Grain Corn Apple Muffins Fresh Fruit</p>	<p>Whole Wheat French Toast Breakfast Sausage Fresh Fruit</p>
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<p>Assorted Whole Grain Cereal Fresh Fruit</p>	<p>Whole Grain Pancake Breakfast Sausage Fresh Fruit</p>	<p>Whole Grain Corn Apple Muffins Fresh Fruit</p>	<p>Whole Grain Waffle Fresh Fruit</p>	<p>NO SCHOOL</p>
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
<p>Assorted Whole Grain Cereal Fresh Fruit</p>	<p>Whole Grain Corn Apple Muffins Fresh Fruit</p>	<p>Whole Grain Waffle Turkey Bacon Fresh Fruit</p>	<p>Whole Grain Bagels Cream Cheese Fresh Fruit</p>	<p>Whole Wheat French Toast Breakfast Sausage Fresh Fruit</p>

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK *** MENU SUBJECT TO CHANGE.

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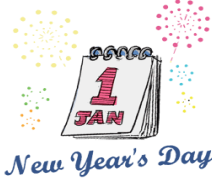
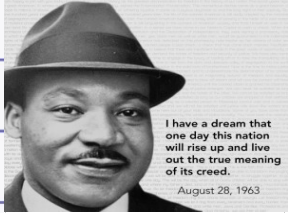
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January

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Lunch for January 2018

Top Spanish Catering, INC

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
 <p>New Year's Day</p>	<p>Winter Break (No School)</p>	<p>Whole Grain Chicken Nuggets Whole Grain Bun Steamed Corn Fresh Fruit</p>	<p>Ground Beef Macaroni Romaine Lettuce, Spinach and Tomato Salad Fresh Fruit</p>	<p>Turkey Bologna Sandwich Beans, Cucumber and Onion Salad Fresh Fruit</p>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p>Turkey Hot Dog Hot Dog Roll Baked Beans Fresh Fruit</p>	<p>Whole Grain Chicken Drumstick Whole Grain Bun Steamed Carrots Fresh Fruit</p>	<p>Beef Taco Taco Shell Romaine Lettuce and Tomato Mixed Salad Fresh Fruit</p>	<p>Turkey Sausage Jambalaya Steamed Green Peas Fresh Fruit</p>	<p>Chicken Salad Sandwich Whole Grain Bun Celery Sticks Fresh Fruit</p>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	<p>Hamburger on Whole Grain Bun Sweet Potatoes Fresh Fruit</p>	<p>Chicken Teriyaki/ Stir Fry Brown Rice Steamed Corn Fresh Fruit</p>	<p>Turkey Pepperoni Pizza Mixed Green Salad Fresh Fruit</p>	<p>Turkey Ham Sandwich Black Beans, Cucumber and Onion Salad Fresh Fruit Animal Cookie</p>
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<p>Chicken Patty Sandwich Whole Grain Bun Carrots Fresh Fruit</p>	<p>Salisbury Steak Brown Rice Corn Fresh Fruit</p>	<p>Spaghetti and Meatballs Broccoli Fresh Fruit</p>	<p>Chicken Drumstick Whole Grain Bun Green Peas Fresh Fruit</p>	<p>NO SCHOOL</p>
Monday, January 29	Tuesday, January 30	Wednesday, January 31	Thursday, February 1	Friday, February 2
<p>Fish Sandwich Whole Grain Bun Carrots Fresh Fruit</p>	<p>Ground Beef Macaroni Romaine Lettuce Salad</p>	<p>Whole Grain Chicken Nuggets Whole Grain Bun Corn; Fresh Fruit</p>	<p>Spanish Rice with Chicken Garbanzo Beans Fresh Fruit</p>	<p>Turkey Hot Dog Hot Dog Roll Baked Beans Fresh Fruit</p>

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