

Cheers TO A BRIGHT New Year

JANUARY

Secondary

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup</p>	<p>8 Build your Own Tacos or Taco Salad or Pizza Spanish Rice Charro Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup</p>	<p>9 Homemade Pigs in a Blanket or Corn Dog or Burger Baked Beans Fresh Salad w/ Toppings Fruit Cup</p>	<p>10 <i>Enjoy Your Days Off!</i></p>	<p>11 <i>Enjoy Your Days Off!</i></p>
<p>14 Homemade Salisbury Steaks or Chicken Strips with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup</p>	<p>15 Build Your Own Tacos or Crisпитos with Spanish Rice or Pizza Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup</p>	<p>16 Chicken & Waffles or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup</p>	<p>17 Spaganzza with Garlic Toast or Pizza Seasoned Sweet Corn Fresh Salad w/ Toppings Frosty Fruit</p>	<p>18 Chicken Sandwich or BBQ on Bun Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Fruit</p>
<p>21 <i>Enjoy Your Day Off!</i></p>	<p>22 Build Your Own Tacos or Chili Cheese Nachos with Spanish Rice or Pizza Charro Beans Fresh Salad w/ Toppings Homemade Salsa Rainbow Pears</p>	<p>23 Soup, Sandwich, and Salad <i>Choice of Soup and Sandwich</i> with Garden Salad or Burger Fresh Salad w/ Toppings Fresh Oranges</p>	<p>24 Chicken Parmesan w/ Garlic Stick or Pizza Steamed Broccoli Fresh Salad w/ Toppings Berries & Cream</p>	<p>25 Sweet & Sour Chicken Sandwich or Chicken Strip Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Fruit</p>
<p>28 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Sautéed Vegetable Fresh Salad w/ Toppings Fruit Cup</p>	<p>29 Build Your Own Tacos or Quesadillas with Spanish Rice or Pizza Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup</p>	<p>30 Monterrey Chicken with Hot Roll or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup</p>	<p>31 French Bread Pizza or Pizza Sweet Seasoned Corn Fresh Salad w/ Toppings Colorful Apple Sauce</p>	<p>February 1 Cheese Burger or Hot Dog Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Fruit</p>

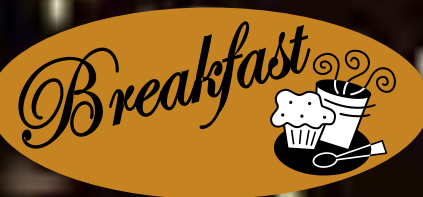
Make New Year's Resolutions Stick!

Studies have shown 40% of Americans make New Year's Resolutions, but only 8% achieve them! See tips below to discover how you can be part of the 8% in this new year!

- ⇒ Keep it simple– the more complicated your list is to obtain, the less likely you are to even begin.
- ⇒ Make it specific- Vague goals turn into vague results. Saying you want to “stay healthy” sounds ideal, but being specific about what “healthy” means to you will make the goal easier to achieve.
- ⇒ Say it out loud– Let someone close to you know about your goals, so they can help you stay accountable. You can even take it a step further and post it on your social media account!

Every lunch includes a choice of milk.

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Taco Tuesday! Your Choice of Taco	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt

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