

# January Menu

**SUPPER**

## Snowy Veggie

Eating fruits and vegetables is a good way to boost your immune system during the cold, winter months. One vegetable that is in season this month is cauliflower! Don't let the lack of color fool you. There are so many nutrients in this snowy white vegetable! Eating cauliflower with some butter and seasoning is delicious, but not the only way to consume this yummy vegetable!

- ◆ You can mash it like potatoes and eat it with gravy.
- ◆ Try some roasted cauliflower with garlic. It's so good you won't even realize you're eating tons of vitamins and minerals!
- ◆ You can also buy cauliflower rice and eat it with your favorite Chinese food or chili!
- ◆ If you want to add a little fun to your meals this winter, grate it up and use it as "snow" on your favorite, savory meal.



Monday	Tuesday	Wednesday	Thursday
7 Cheesy Bread Sticks Tossed Salad Fresh Fruit	8 Crispitos Salsa Baby Carrots Fruit Cup	9 Chicken Burger Baked Chips Vegetable Dippers Fresh Fruit	10 <i>Enjoy Your Day Off!</i>
14 Pizza Fresh Garden Fresh Fruit	15 Burritos Salsa Vegetable Dippers Fruit Cup	16 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	17 Chicken Nuggets Hot Roll French Fries Fruit Cup
21 <i>Enjoy Your Day Off!</i>	22 Crispitos Salsa Baby Carrots Fruit Cup	23 Chicken Burger Baked Chips Vegetable Dippers Fresh Fruit	24 Hot Dog Choice of Chips Baked Beans Fruit Cup
28 Pizza Fresh Garden Fresh Fruit	29 Burritos Salsa Vegetable Dippers Fruit Cup	30 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	31 Chicken Nuggets Hot Roll French Fries Fruit Cup

A variety of milk will be offered with every meal.