

# JANUARY | 2024

Primary and Van Elementary and St. Augustine School

Eat Smart Make Choice from all Five Food Groups Daily!

Students are required to choose 3 of the 5 component with at least 1 Fruit or Vegetable to make a A-Line Lunch

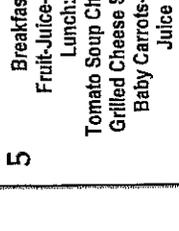
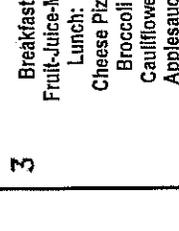
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	 <p>Breakfast: Fruit-Juice-Milk Lunch: BBQ Sandwich Glazed Carrots Capri Blend Vegetable Orange Wedges Milk</p>	2	<p>Breakfast: Fruit-Juice-Milk Lunch: Fresh Fruit-Juice-Milk Chicken Tacos (2) Soft Shells Lettuce-Salsa-Cheese Refried Beans Juice Milk</p>	3	<p>Breakfast: Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Cauliflower Applesauce Milk</p>	4	<p>Breakfast: Fruit-Juice-Milk Lunch: Ham Scalloped Potato Green Beans Peaches 1 Slice of Bread Milk</p>	5	<p>Breakfast: Fruit-Juice-Milk Lunch: Tomato Soup Cheese Cup Grilled Cheese Sandwich Baby Carrots-Celery Juice Milk</p>		
8	<p>Breakfast: Fruit-Juice-Milk Lunch: BBQ Sandwich Glazed Carrots Capri Blend Vegetable Orange Wedges Milk</p>	9	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Lettuce-Salsa-Cheese Refried Beans Juice Milk</p>	10	<p>Breakfast: Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Jell-O with Fruit Milk</p>	11	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato Normandy Blend Vegetable Pears Dinner Roll Milk</p>	12	<p>Breakfast: Fruit-Juice-Milk Lunch: Chili-Crackers Corn Bread Carrots-Cucumber-Celery Juice Milk</p>	15	
16	<p>Breakfast: Fruit-Juice-Milk Lunch: Quesadilla-Salsa Refried Beans Lettuce-Grape Tomato Juice Milk</p>	17	<p>Breakfast: Fruit-Juice-Milk Lunch: (2) Stuffed Breadsticks-Sauce Broccoli Cauliflower Apple Milk</p>	18	<p>Breakfast: Fruit-Juice-Milk Lunch: Spaghetti Green Beans Peaches Breadstick Milk</p>	19	<p>Breakfast: Fruit-Juice-Milk Lunch: Hot Dog on Bun Baby Carrots Celery Juice Milk</p>	22	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Peas Grapes Milk</p>	23	<p>Breakfast: Fruit-Juice-Milk Lunch: Nachos Naturals/Chips Refried Beans Zucchini-Yellow Squash Juice Milk</p>
29	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Sandwich Sliced Tomato-Lettuce Potato Items Pears Milk</p>	30	<p>Breakfast: Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Lettuce-Salad-Cheese Refried Beans Juice Milk</p>	31	<p>Breakfast: Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Cauliflower Banana Milk</p>	1	<p>Breakfast: Fruit-Juice-Milk Lunch: Lasagna Green Beans Grape Tomato-Salad Fruit Cocktail Breadstick Milk</p>	25	<p>Breakfast: Fruit-Juice-Milk Lunch: Meatloaf Mashed Potato Winter Blend 1 Sliced of Bread Applesauce Milk</p>	26	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Noodle Soup-Crackers Grilled Cheese Sandwich Carrots Cucumber-Celery Juice Milk</p>
29	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Sandwich Sliced Tomato-Lettuce Potato Items Pears Milk</p>	30	<p>Breakfast: Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Lettuce-Salad-Cheese Refried Beans Juice Milk</p>	31	<p>Breakfast: Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Cauliflower Banana Milk</p>	2	<p>Breakfast: Fruit-Juice-Milk Lunch: Corn Dog Baked Beans Carrots Juice Milk</p>	19	<p>Breakfast: Fruit-Juice-Milk Lunch: Hot Dog on Bun Baby Carrots Celery Juice Milk</p>	26	<p>Breakfast: Fruit-Juice-Milk Lunch: Chicken Noodle Soup-Crackers Grilled Cheese Sandwich Carrots Cucumber-Celery Juice Milk</p>

## News

Breakfast is a good thing! Children can benefit from the School Breakfast Program! Studies show that school breakfast can raise test scores while improving classroom attentiveness and behavior. Make sure your children start the school day with a healthy meal!



### Brighten Your Plate

Fill up on Fruit & Veggies Why diet full of fruit & vegetable is important: Fruit & vegetables have important nutrients, including vitamins & minerals. Your Child is growing rapidly & nutrients help your child grow to be healthy. Some benefits of the nutrients in fruits & vegetables include: helping with you vision, bone health, memory & brain function. Eat fruits & vegetable every day to give you & your child nutrients, including vitamin A, vitamin C, potassium and more!