

Happy New Year!

January 2018

Ewing School Preschool Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Chicken Patty Whole Wheat Bun Baked Beans Apple Slices Milk	3 Cheese Ravioli in Marinara Sauce Medium Banana Whole Grain Garlic Toast Milk	4 Turkey and Cheese Wrap French Fries Applesauce Milk	5 Whole Grain Cheese Pizza Corn Mixed Fruit Milk
8 NO PRESCHOOL	9 Whole Grain Grilled Cheese Steamed Broccoli Tropical Fruit Milk	10 Whole Grain Mac and Cheese Carrots Mandarin Oranges Milk	11 Whole Grain Popcorn Chicken Tater Tots Medium Banana Milk	12 Whole Grain Cheese Pizza Baked Beans Peaches Milk
15 	16 Peanut Butter & Jelly On Whole Wheat Bread Green Beans Apple Slices Milk	17 Meatloaf Patty Sweet Potato Fries Whole Grain Dinner Roll Craisins Milk	18 BBQ Grilled Chicken French Fries Medium Banana Whole Grain Biscuit Milk	19 Whole Grain Cheese Pizza Garden Salad Mixed Fruit Milk
22 NO PRESCHOOL	23 Ham and Cheese on Whole Grain Bun Corn Applesauce Milk	24 Whole Grain Chicken Nuggets Carrots Pineapple Tidbits Milk	25 Whole Grain Rotini w/Meat Sauce Medium Banana Milk	26 Whole Grain Mozzarella Sticks Marinara Sauce Peas Tropical Fruit Milk
29 NO PRESCHOOL	30 Cheeseburger on Whole Wheat Bun French Fries Craisins Milk	31 Cod Fish Sticks Green Beans Apple Slices Whole Grain Dinner Roll Milk		

Top Five Resolutions for Kids created by Parents!

1. Clean up their room more often
2. Be more engaged in school
3. Have healthier eating habits
4. Get more physical activity
5. Play fewer video games

HEALTHIER SCHOOL LUNCHES

Nearly 32 million children receive meals throughout the school day. These meals are based on nutrition standards from the USDA. New nutrition standards for schools increase access to healthy food and encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight.

