

# Happy New Year!

## January 2019

### Ewing School Preschool Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 	<b>2</b> Peanut Butter & Jelly On Whole Wheat Bread Green Beans Peaches Milk	<b>3</b> Turkey and Cheese Wrap French Fries Medium Banana Milk	<b>4</b> Whole Grain Cheese Pizza Corn Mixed Fruit Milk
<b>7</b> NO PRESCHOOL	<b>8</b> Whole Grain Grilled Cheese Tomato Bisque Soup Tropical Fruit Milk	<b>9</b> Whole Grain Mac and Cheese Green Beans Mandarin Oranges Milk	<b>10</b> Whole Grain Popcorn Chicken Potato Smiles Medium Banana Milk	<b>11</b> Whole Grain Cheese Breadstick Marinara Sauce Peaches Milk
<b>14</b> NO PRESCHOOL	<b>15</b> Cheese Ravioli in Marinara Sauce Pineapple Tidbits Whole Grain Garlic Toast Milk	<b>16</b> Meatloaf Patty Corn Whole Grain Dinner Roll Craisins Milk	<b>17</b> BBQ Grilled Chicken Peas Medium Banana Whole Grain Biscuit Milk	<b>18</b> Whole Grain Cheese Pizza California Blend Mixed Fruit Milk
<b>21</b>  Martin Luther King, Jr. Day	<b>22</b> Ham and Cheese on Whole Grain Bun Corn Applesauce Milk	<b>23</b> Whole Grain Chicken Nuggets Green Beans Pineapple Tidbits Milk	<b>24</b> Whole Grain Rotini w/Meat Sauce Garlic Toast Medium Banana Milk	<b>25</b> Whole Grain Mozzarella Sticks Marinara Sauce Peaches Milk
<b>28</b> NO PRESCHOOL	<b>29</b> Cheeseburger on Whole Wheat Bun French Fries Craisins Milk	<b>30</b> Whole Grain Fish Sticks Green Beans Applesauce Milk	<b>31</b> Chicken Patty Whole Wheat Bun Mixed Vegetables Medium Bananas 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.



\*Mixed Vegetables consist of peas, carrots, green beans, corn, and lima beans; California Blend Veggies consist of cauliflower, broccoli, and carrots.

\*\*Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.