



Happy New Year!

January 2018 Ewing School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Chicken Patty Whole Wheat Bun Baked Beans Baby Carrots w/Ranch Apple Slices Milk	3 Cheese Ravioli in Marinara Sauce Steamed Broccoli Medium Banana Whole Grain Garlic Toast Milk	4 Turkey and Cheese Wrap Green Beans French Fries Applesauce Milk	5 Whole Grain Pepperoni and Cheese Calzone Garden Salad Corn Mixed Fruit Milk
8 Salisbury Steak Mashed Potatoes Green Beans Diced Pears Whole Grain Cookie Milk	9 Whole Grain Grilled Cheese Tomato Soup Steamed Broccoli Tropical Fruit Milk	10 Whole Grain Mac and Cheese Corn Carrots Mandarin Oranges Milk	11 Whole Grain Popcorn Chicken Tater Tots Peas Whole Grain Graham Crackers Medium Banana Milk	12 Whole Grain Stuffed Crust Pizza Garden Salad Baked Beans Peaches Milk
15 	16 Peanut Butter & Jelly On Whole Wheat Bread Baby Carrots w/Ranch Green Beans Apple Slices Milk	17 Meatloaf Patty Sweet Potato Fries Corn Whole Grain Dinner Roll Craisins Milk	18 BBQ Grilled Chicken Baked Beans French Fries Medium Banana Whole Grain Cookie Milk	19 Whole Grain Cheese Pizza Garden Salad Peas Mixed Fruit Milk
22 Whole Grain Pretzel Dog Tater Tots Baked Beans Peaches Milk	23 Ham and Cheese on Whole Grain Bun Steamed Broccoli Corn Applesauce Milk	24 Whole Grain Chicken Nuggets Green Beans Carrots Pineapple Tidbits Milk	25 Whole Grain Rotini w/Meat Sauce Garden Salad Garlic Toast Medium Banana Milk	26 Whole Grain Mozzarella Sticks Marinara Sauce Peas Whole Grain Cookie Tropical Fruit Milk
29 Lasagna Roll in Marinara Sauce Garden Salad Tropical Fruit Whole Grain Garlic Toast Milk	30 Cheeseburger on Whole Wheat Bun French Fries Baby Carrots w/Ranch Craisins Milk	31 Cod Fish Sticks Baked Beans 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.

