



Happy New Year!

January 2019

Ewing School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 Peanut Butter & Jelly On Whole Wheat Bread Carrots Green Beans Peaches Milk	3 Turkey and Cheese Wrap Peas French Fries Medium Banana Milk	4 Whole Grain Pepperoni and Cheese Calzone Garden Salad Corn Mixed Fruit Milk
7 Salisbury Steak Mashed Potatoes Mixed Vegetables Diced Peas Whole Grain Cookie Milk	8 Whole Grain Grilled Cheese Tomato Bisque Soup Steamed Broccoli Tropical Fruit Milk	9 Whole Grain Mac and Cheese Green Beans Carrots Mandarin Oranges Milk	10 Whole Grain Popcorn Chicken Potato Smiles Peas Whole Grain Graham Crackers Medium Banana Milk	11 Whole Grain Stuffed Crust Pizza Garden Salad Baked Beans Peaches Milk
14 Whole Grain Pretzel Dog Tater Tots Carrots Peaches Milk	15 Cheese Ravioli in Marinara Sauce Green Beans Pineapple Tidbits Whole Grain Garlic Toast Milk	16 Meatloaf Patty Sweet Potato Fries Corn Whole Grain Dinner Roll Craisins Milk	17 BBQ Grilled Chicken Baked Beans Peas Medium Banana Whole Grain Cookie Milk	18 Whole Grain Cheese Pizza Garden Salad California Blend Mixed Fruit Milk
21 	22 Ham and Cheese on Whole Grain Bun Steamed Broccoli Corn Applesauce Milk	23 Whole Grain Chicken Nuggets Green Beans Carrots Pineapple Tidbits Whole Grain Cheez-it Crackers Milk	24 Whole Grain Rotini w/Meat Sauce Garden Salad Garlic Toast Medium Banana Milk	25 Whole Grain Mozzarella Sticks Marinara Sauce Peas Whole Grain Cookie Peaches Milk
28 Lasagna Roll in Marinara Sauce Garden Salad Tropical Fruit Whole Grain Garlic Toast Milk	29 Cheeseburger on Whole Wheat Bun French Fries Carrots Craisins Milk	30 Cod Fish Sticks Baked Beans Green Beans Applesauce Whole Grain Dinner Roll Milk	31 Chicken Patty Whole Wheat Bun Mixed Vegetables Sweet Potatoes 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.