

BREAKFAST

January 2019

THE KINGSBURY CENTER

Nutrition Tip

- Breakfast supplies essential nutrients.
- Breakfast contributes less than 20% of daily calories, but significant levels of many key vitamins and minerals including:
 - Calcium
 - Iron
 - B vitamins

Reference: NHANES 2007-08.

L.L.C.

(HEAVENLY EDIBLES & STUFF

* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

Daily Nutrient Averages:

Grades (6 -12)
Calories: 460
Sodium (Mg): 547
% Sat. Fat: 2.90%

(8 oz – 1% White or Skim Milk Served w/all Breakfast)

1

NO SCHOOL!

2

FRESH ORANGES
 (W/G) BANANA MUFFINS

3

FRESH BANANAS
 (W/G) BISCUITS
 CHEESE
 TURKEY HAM
 (Jelly .5 oz)

4

FRESH GOLD APPLES
 (W/G) KIX CEREAL

7

FRESH APPLES
 (W/G) GRANOLA BARS
 GOGURT

8

FRESH PEARS
 (W/G) FRENCH TOAST STICKS
 TURKEY SAUSAGE
 (Syrup)

9

FRESH ORANGES
 (W/G) APPLE CINNAMON MUFFINS

10

FRESH BANANAS
 (W/G) ENGLISH MUFFINS
 CHEESE
 TURKEY SAUSAGE
 (Jelly .5 oz)

11

FRESH RED APPLES
 (W/G) RAISIN BRAN CEREAL

14

FRESH APPLES
 (W/G) BREAKFAST BARS
 YOGURT

15

W/G) WAFFLES
 TURKEY BACON
 (Syrup)

16

FRESH ORANGES
 (W/G) BLUEBERRY MUFFINS

17

FRESH BANANAS
(W/G) BAGELS
EGGS / CHEESE
(Jelly .5 oz)

18

**NO SCHOOL!
 DR. M.L.K. JR.
 BIRTHDAY!**

21

FRESH APPLES
 (W/G) NUTRI-GRAIN BARS
 GOGURT

22

FRESH PEARS
 (W/G) PANCAKES
 TURKEY HAM
 (Syrup)

23

FRESH ORANGES
 (W/G) BRAN MUFFINS

24

FRESH BANANAS
 (W/G) BAGELS
 TURKEY BACON
 CHEESE
 (Jelly .5 oz)

25

FRESH GREEN APPLES
 (W/G) ASSORTED CEREAL

28

FRESH APPLES
 (W/G) CEREAL BARS
 YOGURT

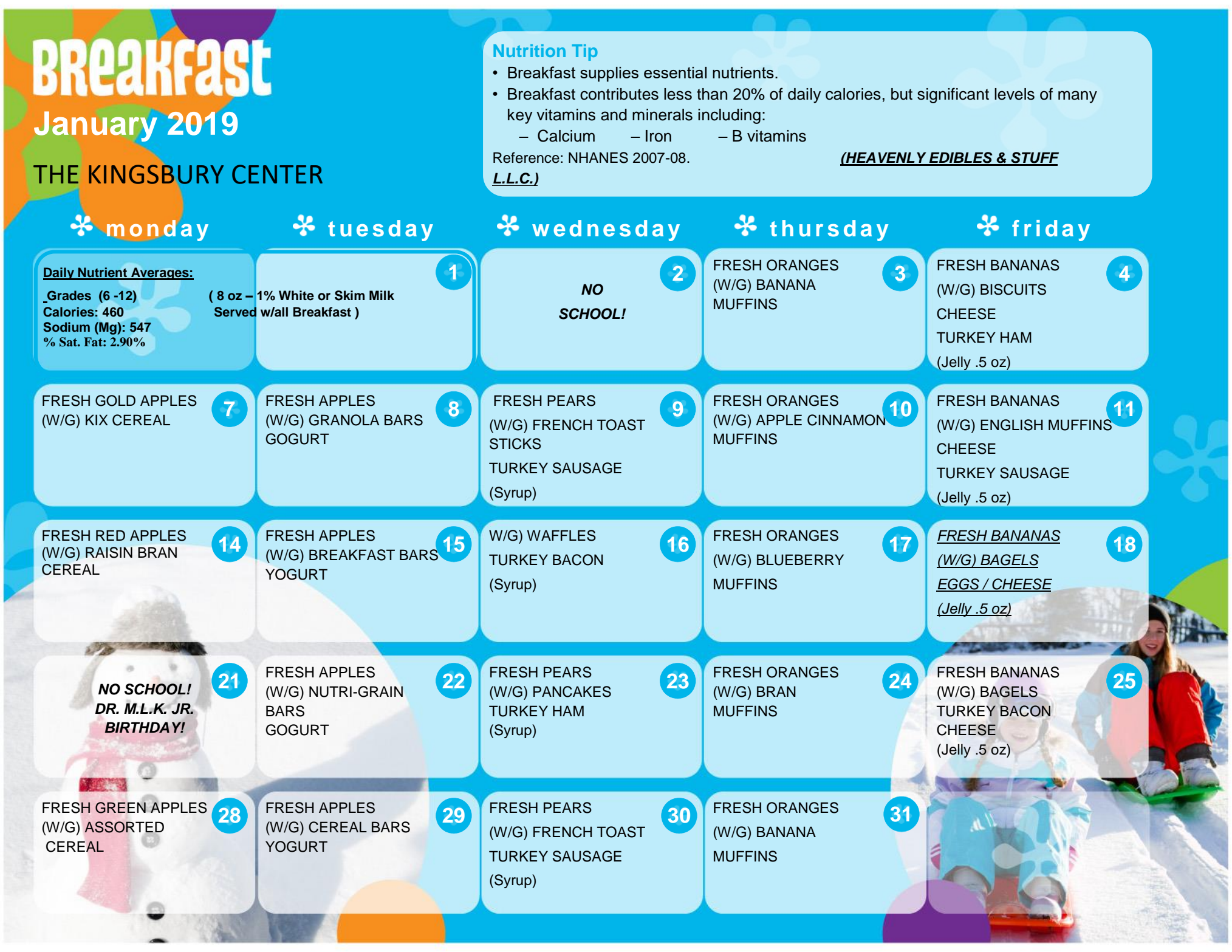
29

FRESH PEARS
 (W/G) FRENCH TOAST
 TURKEY SAUSAGE
 (Syrup)

30

FRESH ORANGES
 (W/G) BANANA MUFFINS

31



LUNCH

January 2019

THE KINGBURY CENTER

Fitness Tip

Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

HEAVENLY EDIBLES & STUFF L.L.C.

* monday

* tuesday

* wednesday

* thursday

* friday

Weekly Nutrient Averages: Grades (6 -12)
Calories: 815
Sodium (Mg): 789
% Sat. Fat: 7.01%
 ** Vegetarian Options Available Upon Request
 ***Local Produce: Bowie, Maryland

8 oz 1% White Fat free Chocolate or Fat free Strawberry Milk

HAPPY NEW YEARS!
NO SCHOOL!

Chicken Nuggets (W/G) Rolls
 Mixed Vegetables
 Fresh Bananas (Dipping Sauce)

Chicken Bologna & Chees (W/G) Bread
 Navy Bean Soup
 Fresh Seasonal Fruit (Mayo / Mustard)

Orange Chicken (W/G) Brown Rice
 Broccoli / Zucchini / Onions
 Fresh Apples

Chicken Patty / Cheese (W/G) Bun
 Green Beans
 Fresh Pears (Ketchup/Mustard or Mayo)

Turkey Meat Sauce (W/G) Penne Pasta
 Sliced Carrots
 Fresh Oranges

Salisbury Steak / Gravy (W/G) Rolls
 Mashed Potatoes
 Fresh Bananas

Turkey Ham & Cheese (W/G) Bread
 Broccoli & Cheese Soup
 Fresh Seasonal Fruit (Mayo / Mustard)

Chicken Stew (W/G) Brown rice
 Mixed Vegetables
 Diced Tomatoes
 Fresh Apples

Turkey Corn Dogs (W/G) Rolls
 Corn / Red Peppers
 Fresh Pears (Mustard / Ketchup)

Chicken Alfredo (W/G) Rigatoni
 Spinach / Onions
 Fresh Oranges

Chicken Burrito (W/G) Brown rice / Tortillas
 Black Beans
 Fresh Bananas (Taco Sauce)

Turkey & Cheese (W/G) Buns
 Potato Soup
 Fresh Seasonal Fruit (Mayo / mustard)

M.L.K. JR. BIRTHDAY!
NO SCHOOL!

BBQ Chicken (W/G) Buns
 Diced Carrots
 Fresh Pears

Turkey Lasagna (W/G) Pasta
 Broccoli
 Marinara Sauce
 Fresh Oranges

Turkey Burgers / Cheese (W/G) Bread
 Potatoes
 Fresh Bananas (Ketchup / Mustard)

Chicken Salad Sandwich (W/G) Bread
 Vegetable Soup
 Fresh Seasonal Fruit

Chicken Teriyaki (W/G) Brown Rice
 Broccoli / Snap Peas / Peppers
 Fresh Apples

Fish Patty / Cheese (W/G) Buns
 Corn
 Fresh Pears (Tartar Sauce)

Diced Chicken (W/G) Elbowroni
 Carrots / Tomato Sauce
 Fresh Oranges

Turkey Chili (W/G) Crackers
 Red Beans / Tomato Sauce
 Fresh Bananas

