

				1
Happy New Year!				
4	5	6	7	8
Chicken Nuggets	Italian Sub	Cheeseburger	Homemade Taquito's	Chicken Burger
11	12	13	14	15
Teriyaki Beef Dippers w/Rice	American Sandwich	Cheese Pizza	Cheeseburger	Grilled Cheese
18	19	20	21	22
No School	Chicken and Cheese Quesadilla	Corn dog	Cheese Pizza	Bean and Cheese Burrito
25	26	27	28	29
Ham and Cheese	Soft Taco	Hotdog	Chicken Burger	No School

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Happy New year! No School
Cereal	Pancakes Bites	Breakfast Round	Yogurt and Graham Crackers	Bagel w/Cream Cheese
Cereal	Breakfast Bar	Yogurt and Graham Crackers	Frudel	WG Cinnamon Roll
No School	Biscuit w/Jelly	Ham and Cheese breakfast Sandwich	Mini Pancakes	Fruit Muffin
Cereal	Yogurt and Graham Crackers	Breakfast Round	Blueberry Bagel w/Cream Cheese	No School

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ¼ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

