



## Orange County Schools Pre-K Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menus are subject to change.</b>	Breakfast includes: Fruit Choice 1% Milk	Lunch includes: 1% Milk	<b>January 2</b>  No School Winter Break	<b>January 3</b>  No School Winter Break
<b>January 6</b> Whole Grain Cereal  Chicken Wrap Carrots Fruit Choice	<b>January 7</b> Bacon & Cheese Biscuit  Chicken Fajita Rice Bowl Pinto Beans Fruit Choice	<b>January 8</b> Strawberry Bagel Bar  Nacho Snack Pack Deli Potato Roasters Fruit Choice	<b>January 9</b> Banana Bread Slice  Macaroni & Cheese Green Beans Fruit Choice	<b>January 10</b> Manager's Choice Entrée  Assorted Pizza Buttered Corn Fruit Choice
<b>January 13</b> Pancakes  Cheeseburger on Bun Oven Fries Fruit Choice	<b>January 14</b> Sausage Biscuit  Loaded Nachos Pinto Beans Fruit Choice	<b>January 15</b> Banana Bread Slice  Mandarin Chicken w/Rice Broccoli Fruit Choice	<b>January 16</b> Whole Grain Cereal  Baked Spaghetti Garden Salad Fruit Choice	<b>January 17</b> Manager's Choice Entrée  Assorted Pizza Buttered Corn Fruit Choice
<b>January 20</b>  No School Martin Luther King, Jr Holiday	<b>January 21</b> Whole Grain Cereal  Chicken Nuggets Hash Browns Fruit Choice	<b>January 22</b> Chicken Biscuit  Beef Soft Taco w/Trimming Seasoned Black Beans Fruit Choice	<b>January 23</b> Muffin  Salisbury Steak w/Rice Green Beans Fruit Choice	<b>January 24</b> Manager's Choice Entrée  Assorted Pizza Broccoli Fruit Choice
<b>January 27</b>  No School Teacher Workday	<b>January 28</b>  No School Teacher Workday	<b>January 29</b> Strawberry Bagel Bar  Nacho Snack Pack Deli Potato Roasters Fruit Choice	<b>January 30</b> Banana Bread Slice  Macaroni & Cheese Green Beans Fruit Choice	<b>January 31</b> Manager's Choice Entrée  Assorted Pizza Buttered Corn Fruit Choice

### Families Making the Connection

#### Move Your Way – Be Active Every Day!

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Think 3 – three ways to exercise:

- 1. Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
- 2. Strengthen your muscles and bones.** Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don't have to lift weights. Leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
- 3. Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.