



Orange County Schools Hillsborough ES Snack Menus for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	wg = whole grain rich	January 1 No School Winter Break	January 2 No School Winter Break	January 3 No School Winter Break
January 6 Sweet Bread Slice (wg) Milk	January 7 Pop Tart (wg) 100% Fruit Juice	January 8 Scooby Grahams (wg) Milk	January 9 Snack Mix (wg) Fruit Choice	January 10 Baked Doritos (wg) 100% Fruit Juice
January 13 Snack Crackers (wg) Milk	January 14 NutriGrain Bar (wg) 100% Fruit Juice	January 15 Cereal Bar (wg) Milk	January 16 Honey Bun (wg) Fruit Choice	January 17 Baked Cheetos (wg) 100% Fruit Juice
January 20 No School Martin Luther King, Jr Holiday	January 21 Rice Krispies Treat (wg) 100% Fruit Juice	January 22 Cereal (wg) Milk	January 23 Cheez-It Crackers (wg) 100% Fruit Juice	January 24 Baked Doritos (wg) Fruit Choice
January 27 Sweet Bread Slice (wg) Milk	January 28 Pop Tart (wg) 100% Fruit Juice	January 29 Scooby Grahams (wg) Milk	January 30 Snack Mix (wg) Fruit Choice	January 31 Baked Doritos (wg) 100% Fruit Juice

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.