

January

BIG CITY BITES



Take your taste buds on a tropical adventure with our **Thai Chicken and Pineapple Fried Rice!** This flavorful dish combines tender chicken, sweet pineapple, and savory rice, all tossed in a delicious Thai inspired sauce. It's the perfect balance of sweet and savory, with colorful veggies and protein to keep you energized and satisfied.

FRESH PICK



This January, we're shining the spotlight on **carrots**, which are a student favorite-bright, crunchy, and naturally sweet. They're loaded with vitamin A, an essential nutrient that supports healthy vision, strong immune function, and overall wellness.



WELLNESS EDUCATION

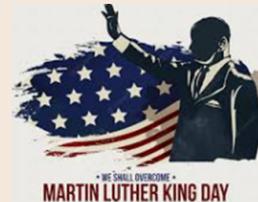
Our **Eye see a Bright Future** initiative reminds students that good vision is an important part of wellness and learning. Clear eyesight helps them focus, read, and succeed in the classroom. We encourage healthy habits like eating foods that are yellow or orange, and ones that are high in protein such as carrots, oranges, beans, eggs, poultry, dairy products and red meat.

NATIONAL FOOD DAY



1/21 is a **National Food Days**. Granola bars are a great source of whole grains and fiber, making them a perfect on-the-go option for busy school days. Whether enjoyed at breakfast or as a quick snack, granola bars help fuel students with steady energy and tasty ingredients they love.

ONE DAY CELEBRATION



On January 20th, we celebrate **Martin Luther King Day**, a time to honor the legacy of a leader who dedicated his life to justice, equality, and peaceful change. Dr. King's dream of a world where everyone is treated with dignity and respect continues to inspire us today.