

Cheers **TO A BRIGHT** New Year

JANUARY

Centerville

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>7</p> <p>Chicken Nuggets or Steak Fingers Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup</p> | <p>8</p> <p>Tacos with Lettuce & Tomato or Taco Salad Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits</p> | <p>9</p> <p>Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL</p> | <p>10</p> <p>Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Banana Sundae</p> | <p>11</p> <p>Cheese Burger Basket or Hot Dog Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p> |
| <p>14</p> <p>Homemade Salisbury Steak or Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup</p> | <p>15</p> <p>Crispitos or Burritos Lettuce & Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits</p> | <p>16</p> <p>Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL</p> | <p>17</p> <p>Chicken Spaghetti with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit</p> | <p>18</p> <p>Chicken Sandwich Basket or BBQ on Bun Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p> |
| <p>21</p> <p>Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup</p> | <p>22</p> <p>Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Rainbow Pears</p> | <p>23</p> <p>Soup, Sandwich and Salad <i>Choice of Soup and Sandwich with Garden Salad</i> Vegetable Dippers Baked Chips Orange Smiles</p> | <p>24</p> <p>Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream</p> | <p>25</p> <p>Sweet & Sassy Chicken Sandwich Basket or Chicken Strip Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p> |
| <p>28</p> <p>Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup</p> | <p>29</p> <p>Tacos Lettuce & Tomato Homemade Salsa Charro Beans Spanish Rice Fruit Cup</p> | <p>30</p> <p>Monterrey Chicken Hot Roll Glazed Carrots Steamed Vegetables Fruit Cup or BYSL</p> | <p>31</p> <p>Italian Dippers or Pizza Seasoned Sweet Corn Italian Salad Colorful Apple Sauce</p> | <p>February 1</p> <p>Cheese Burger Basket or Hot Dog Basket w/ Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit</p> |

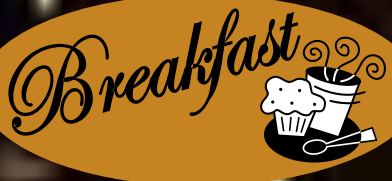
Make New Year's Resolutions Stick!

Studies have shown 40% of Americans make New Year's Resolutions, but only 8% achieve them! See tips below to discover how you can be part of the 8% in this new year!

- ⇒ Keep it simple– the more complicated your list is to obtain, the less likely you are to even begin.
- ⇒ Make it specific- Vague goals turn into vague results. Saying you want to “stay healthy” sounds ideal, but being specific about what “healthy” means to you will make the goal easier to achieve.
- ⇒ Say it out loud– Let someone close to you know about your goals, so they can help you stay accountable. You can even take it a step further and post it on your social media account!

Every lunch includes a choice of milk

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|--------------------------------------|------------------------------------|-------------------------------|----------------------------|
| Sausage Roll or French Toast | Taco Tuesday! Your Choice of Taco | Breakfast Pizza or Sausage Biscuit | Cinnamon Roll or Pancake Wrap | Waffles or Muffin & Yogurt |

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