


JANUARY 2024

CENTERVILLE

A Choice of Milk is offered with every meal.

Monday	Tuesday	Wednesday	Thursday
1 ENJOY YOUR DAY OFF!	2 Nachos Tossed Salad Refried Beans & Spanish Rice Homemade Salsa Fresh Apples	3 Country Bowl or Country Bucket Hot Roll Glazed Carrots Fruit Cup	4 Soup and Sandwich Baked Chips Broccoli Bites Lettuce & Tomato Fruit Cup
8 Lasagna with Garlic Toast or Choice of Pizza Steamed Broccoli Seasoned Vegetables Fruit Cup	9 Crispitos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Apple Slices	10 Chicken Fried Steak or Chicken Nuggets with Hot Roll Mashed Potatoes Glazed Carrots Cinnamon Apple Sauce	11 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce, Pickles, Tomatoes Fresh Fruit
15 MARTIN LUTHER KING JR. Day 	16 Enchiladas or Crisпитos Pinto Beans & Spanish Rice Garden Fresh Salad Homemade Salsa Fruit Cup	17 Asian Bowl w/ Fried Rice or Popcorn Chicken Steamed Baby Carrots Seasoned Vegetables Fruit Salad	18 BBQ Sub or Hot Dog Basket with Fries Lettuce, Pickles, Tomatoes Fresh Fruit
22 Choice of Pizza Seasoned Vegetables Carrot Dippers Fruit Cup	23 Crispitos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	24 Chicken Fried Steak or Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	25 Cheese Burger or Chicken Sandwich with Fries Lettuce, Pickles, Tomatoes Fresh Fruit
29 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Vegetables Fruit Dessert	30 Tacos Lettuce & Tomatoes Pinto Beans & Spanish Rice Homemade Salsa Pineapple	31 Loaded Mac & Cheese Bowl Garlic Knot Carrot Dippers Sautéed Squash Fruit Cup	February 1 BBQ on Bun or Cheese Burger Basket w/ Fries Lettuce, Pickles, Tomatoes Fresh Fruit

The Five

Did you know that there are five main food groups which are essential for good health? These food groups are:

-  **FRUITS**
-  **VEGETABLES**
-  **PROTEINS**
-  **GRAINS**
-  **DAIRY**

It is important to consume a variety of foods from each of these five groups daily, in recommended amounts. Your school lunch program works hard to provide you with a balanced lunch that helps you build better eating habits and improve your health. So, make sure you don't miss out on any of these food groups included in your daily meals!

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

Breakfast

	Monday	Tuesday	Wednesday	Thursday
Week of 1/1, 1/15, 1/29	Pancakes	Breakfast Pizza	Pretezel Bites	Biscuits & Gravy
Week of 1/8 & 1/22	Pancake Wrap	Breakfast Sandwich	Breakfast Kolache	Muffins w/ Yogurt