# January 2019 Elementary Menu

## Breakfast
- Pancake-Wrapped Sausage
- Sausage/Biscuit/Gravy
- Breakfast Pizza Choices or Yogurt Parfait
- Chicken/Biscuit/Gravy
- Cinnamon Roll or Pop Tart

Each breakfast entree is served with fruit, 100% juice, and milk variety. Served Daily: Cereal choices, bagel, Pop Tart, muffin, toast, and yogurt.

School lunch includes choice of meat/meat alternates, bread/grain, fruit, veggies, and skim or 1% milk. Elementary students may take all 5 or 4, which must include a fruit or veggie serving. All school meals include milk variety (flavored skim, white skim, & 1% white) and seasonal fresh fruit (may include apples, oranges, bananas, strawberries and/or blueberries, grapes, pineapple, pears, cuties® or Halos®, or kiwi).

### Sandwich of the Week

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>Turkey</td>
<td>Cheese</td>
<td>Ham &amp; Cheese</td>
<td>Turkey</td>
</tr>
</tbody>
</table>

### National Apricot Day
- Bowl of Hearty Chili
- Toasty Cheese or PBJ
- Baby Carrots
- Ranch Dip
- Goldfish Crackers
- Agritour Cup

# Healthy New Year!

2015-2020 Dietary Guidelines for Americans

Key Recommendations: Components of Healthy Eating Patterns

- Variety of veggies from all subgroups (dark green, red/orange, legumes [peas & beans], starchy, and other)
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy (milk, yogurt, cheese)
- Variety of protein (seafood, lean meats, poultry, eggs, legumes, nuts, seeds, and soy products)
- Oils

Limits, per day:
- <10% calories from added sugars
- <10% calories from saturated fats
- <2,300 mg sodium