

# JANUARY

Breakfast \$2.00

Lunch \$3.35

Milk Only \$0.50

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yogurt with a bagel or granola is offered at lunch daily				<b>WINTER BREAK</b>		3
4	5 Cheeseburger* Deli Sub*	6 Quesadilla Chicken Caesar Salad*	7 Chicken & Waffles Pizza Box*	8 Teriyaki Beef Dippers* Italian Sub*	9 Pizza* PB&J*	10
11	12 Chicken Burger PB&J*	13 Bean Tostada* Chef Salad*	14 Chicken Alfredo* Pizza Box*	15 Grilled Cheese w/Tomato Soup* Deli Sub*	16 <b>Early Release</b> Pizza Box* Italian Sub*	17
18	19 <b>No School</b>	20 Walking Tacos* Taco Salad*	21 Orange Chicken & Rice Pizza Box*	22 Corn Dogs Deli Sub*	23 Pizza* PB&J*	24
25	26 BBQ Pulled Pork Sandwich* PB&J*	27 Nachos* Italian Salad*	28 Zesty Chicken Tenders Pizza Box*	29 Macaroni & Cheese* Club Sandwich*	30 Pizza* Deli Sub*	31 31

Weekly  
Breakfast  
Offerings  
8:00-8:15 am

Breakfast  
Sandwich  
or Burrito

Breakfast  
Bar

Smoothies

Breakfast  
Bar

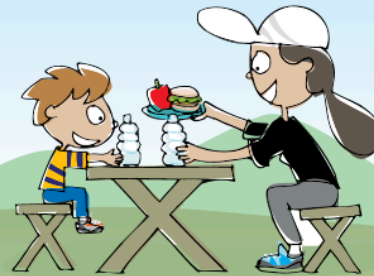
Hot  
Breakfast

Donuts are served the last Friday of each month

\*Available Gluten Free

This institution is an equal opportunity provider.

# Healthy Tips for Picky Eaters



## Do any of the statements below remind you of your child?

“Ebony will only eat peanut butter sandwiches.”

“Michael won’t eat anything green, just because of the color.”

“Bananas used to be Matt’s favorite food, but now he won’t even touch them.”

Your child may eat only a certain type of food or refuse foods based on a certain color or texture. He or she may also play at the table and may not want to eat. Don’t worry if your child has some picky eating behaviors. Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child is growing as the doctor suggests, he or she is most likely eating enough to be healthy. If you have concerns about your child’s growth or eating behavior, talk to your child’s doctor.

## How to cope with picky eating

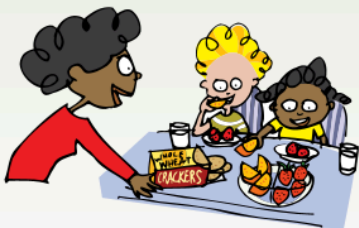
Your child’s picky eating is temporary. If you don’t make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child’s picky eating behavior in a positive way. Check the ones that work for you and your child.

### ☐ Let your kids be “produce pickers.”

Let them pick out fruits and veggies at the store.

### ☐ Have your child help you prepare meals.

Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.



### ☐ Offer choices.

Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”

### ☐ Enjoy each other while eating family meals together.

Talk about what family members did during the day, what made you laugh, or what you did for fun. Turn off the TV and keep phones away from the table to focus on family time.

### ☐ Offer the same foods for the whole family.

Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.



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Food and Nutrition  
Service  
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