Welcome to the New Year! Wenns for January

Roseville City School District

This institution is an equal opportunity provider. Menus are subject to change.

Monday, January 5



No School Today

Tuesday, January 6

<u>Breakfast</u> YOGURT PARFAIT OR

CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA OR CHICKEN TACO

Wednesday, January 7

Breakfast

MINI WAFFLES OR CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE OR CHICKEN SANDWICH

Thursday, January 8

NO COST ALLYEAR LONG

Breakfast

CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL

Friday, January 9

Breakfast

FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

<u>Lunch</u>

GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE



Put me in my place!

Is the tomato a fruit or a vegetable?



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 12

Breakfast

COUNTRY BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR

TURKEY & CHEESE

SANDWICH

Tuesday, January 13

Breakfast

CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA

OR

BEEF & CHEESE TACO

Wednesday, January 14

Breakfast

SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO
OR
CHEESEBURGER
& FRIES

Thursday, January 15

Breakfast

MINI PANCAKES OR CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, January 16

Breakfast

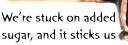
CINNAMON ROLL OR CONTINENTAL BREAKFAST

<u>Lunch</u>

BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

STUCK.



with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, January 19



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 20

Breakfast

YOGURT PARFAIT OR CONTINENTAL BREAKFAST

> Lunch CHEESE PIZZA OR

CHICKEN TACO

Wednesday, January 21

Breakfast

MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI & CHEESE
OR
CHICKEN SANDWICH

Thursday, January 22

Breakfast

CINNI MINI OR CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR Orange Chicken Rice Bowl

Friday, January 23

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE Sandwich Or Chicken tenders

COOKIE

\bigcirc :

What do these six different foods have in common?

Pears Popcorn Nuts Beans
Whole Grains Broccoli

These foods might seem very different, but they're all good sources of a substance that's important for a healthy diet. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the magical substance they all share!

ENBHACOLO ROBANGEOL ROBANGEOL ROBANGEOLO ACSSANO

ANSWER: _

Monday, January 26

Breakfast

COUNTRY BREAKFAST BURRITO OR

CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR

TURKEY & CHEESE SANDWICH

Tuesday, January 27

Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

<u>Lunch</u>

CHEESE PIZZA

OR

BEEF & CHEESE TACO

Wednesday, January 28

Breakfast

SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO OR CHEESEBURGER & FRIES

Thursday, January 29

Breakfast

MĪNI PANCAKĒS OR CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, January 30

Breakfast

CINNAMON ROLL OR CONTINENTAL BREAKFAST

<u>Lunch</u>

CHEF'S CHOICE

COOKIE

LICENSE TO KRILI

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.





THE LOWEST AND THE HIGHEST PLACES IN THE CONTINENTAL UNITED STATES ARE BOTH IN CALIFORNIA AND ARE LESS THAN 100 MILES

APART! THE DESERT FLOOR AT BADWATER, CA

SITS AT 279 FEET BELOW SEA LEVEL. JUST 84.6 MILES AWAY, MOUNT WHITNEY RISES 14,505 FEET ABOVE SEA LEVEL!

TRANCE BURRRUER



ANIMAL APPETITES