











# YEAR OF THE RABBIT



The Chinese New Year begins with the new moon on January 22. 2023 is the year of the Rabbit.



## Featured Specials of the Day

### Monday, January 16

School will be closed on Monday, January 16 in honor of Martin Luther King, Jr.'s Birthday



### Juesday, January 17

WG Muffin w/ Yogurt, Breakfast Bun, Chicken Sandwich, Deli Turkey Sandwich, Garden Salad w/ Chicken, Potato Tots,

Baked Beans, Apple Sauce Cup

### Wednesday, January 18

Sausage Biscuit, Assorted Cereal..

Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Scalloped Potatoes. Fresh Pear

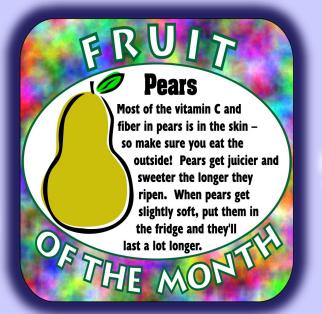
### Thursday, January 19

Blueberry Pancake Stick, Breakfast Frudel

Chicken Strips w/ Mac & Cheese, PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

### Friday, January 20

Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn, Garden Salad w/ Ranch, Carrot Sticks w/ Ranch, 100% Fruit Juice



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## CAN IT.



Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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

### Featured Specials of the Day

### Monday, January 23

Strawberry Mini Pancakes, Assorted I Cereal, Max Snax Tacos, Crispitos, Salsa, Black Beans, Cucumber Salad, Pineapple Tidbits

### Juesday, January 24

WG Muffin w/ Yogurt, Frosted Breakfast Pastry,

Cheeseburger, Deli Turkey Sandwich, Garden Salad w/ Chicken, Seasoned Fries, Garden Salad w/ Ranch, Sliced Peaches

### Wednesday, January 25

Sausage Biscuit, Assorted Cereal,
Chicken Nuggets w/ Roll, PBJ/Wow Sandwich
w/ Chips, Steamed Broccoli, Mashed
Potatoes, Fresh Apple

### Thursday, January 26

Breakfast Pizza, Mini Bagels w/ Cream Cheese, Orange Chicken & Rice, PBJ/Wow Sandwich / w/ Chips, Carrot Sticks w/ Ranch, Green Peas, Frozen Juice Cup

### Friday, January 27

Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

### Monday, January 30

Blueberry Mini Pancakes, Assorted Cereal, BBQ Sandwich, Hot Dog, Cole Slaw, Baked Beans, Pineapple Tidbits

### Juesday, January 31

WG Muffin w/ Yogurt, Breakfast Bun, Chicken Sandwich, Corn Dog, Garden Salad w/ Chicken, Potato Tots, Carrot Sticks w/ Ranch, Mandarin Oranges