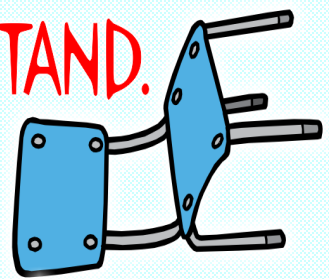




TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

Monday, January 9 WG Muffin Milk	Tuesday, January 10 Smart Snack Chips 100% Fruit Juice	Wednesday, January 11 WG Cereal Milk	Thursday, January 12 WG Elf Graham Crackers 100% Fruit Juice	Friday, January 13 WG Graham Crackers Milk
Monday, January 16 MLK, Jr. Holiday No School	Tuesday, January 17 Smart Snack Chips 100% Fruit Juice	Wednesday, January 18 WG Cereal Milk	Thursday, January 19 Goldfish Crackers 100% Fruit Juice	Friday, January 20 Mini Chocolate Chip WG Cookies Milk
Monday, January 23 WG Muffin Milk	Tuesday, January 24 Smart Snack Chips 100% Fruit Juice	Wednesday, January 25 WG Cereal Milk	Thursday, January 26 WG Elf Graham Crackers 100% Fruit Juice	Friday, January 27 WG Graham Crackers Milk
Monday, January 30 WG Muffin Milk	Tuesday, January 31 Smart Snack Chips 100% Fruit Juice			

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for convenient, economical, healthy meals!

