


\*Healthy tip of the month

**Limit TV and computer time.** When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

# Christa McAuliffe - Lunch Menu – January 2019



Milk is served with every lunch.  
Menu subject to change.  
**Lunch \$3.25**  
Breads/Buns are whole grain rich.

	Mon	Tue	Wed	Thu	Fri	Sat
	5					
6	J	7	8	9	10	11
	<b>No School</b>		<b>Professional Duty Day</b>			
						12
13	B	14	15	16	17	18
		Corn dog Green Beans Potato Cubes Hot Apple	Cheeseburger Corn Sweet Potato Mandarin Orange	Tacos Black beans Lettuce Tomatoes Orange	Pasta with Meat sauce Salad Fresh Apple Roll	Cheese Pizza Salad Cucumbers Sidekick
19						
20	H	21	22	23	24	25
			Hot Dog Baked beans Sweet Potato Fresh Apple	Frittata Hot Roll Hash Brown Sausage Patty Cucumbers Apple Juice	Chicken Alfredo Broccoli Fresh Carrots Peaches Roll	Cheese Pizza Cucumber Fresh Carrots Sidekick
						
26						
27	N	28	29	30	31	1
		Boneless Chicken Wings Mashed Potato White beans Fresh Carrots Peaches	Hamburger Slider Potato Cubes Green Beans Lettuce Tomatoes Orange	Chicken Alfredo Broccoli Salad Fresh Apple Roll	Breaded Chicken Sandwich Tater Tots Hot carrots Mandarin Orange	Cheese Pizza Sidekick Cucumbers Salad
2						



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