

# HAPPY NEW YEAR

## Menus for January 2018

**PONTIAC DISTRICT #429 & ST. MARY'S**  
MILK SERVED DAILY

Thursday, January 4

### Breakfast

Choice of Cereal  
Grahams  
Chilled Fruit

### Lunch

Pasta W/Meat  
Sauce  
Fresh Romaine  
Salad/Dressing  
Chilled Applesauce

Friday, January 5

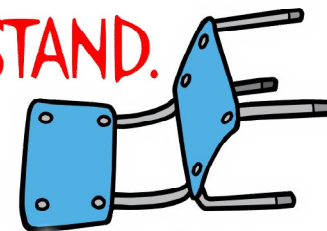
### Breakfast

Mini Powered  
Donuts  
Chilled Fruit

### Lunch

Cheeseburger/Bun  
Baked Beans  
Chilled Apricots

## 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!**

**FRUIT OF THE MONTH**  
**Pomegranate**  
Pomegranates are bursting with edible red seeds that lower cholesterol and fight damage to your body's cells. They also help prevent muscle cramps and fight against insulin resistance. The seeds are juicy and crunchy, sweet and tart!

Monday, January 8

### Breakfast

Mini Strawberry Bagel  
Chilled Fruit

### Lunch

Ham Rollup  
Veggie Frozen  
Treat  
Watermelon  
Raisins

Tuesday, January 9

### Breakfast

Choice of Cereal  
Grahams  
Juice/Fruit

### Lunch

Oven Roasted  
Chicken  
Mashed Potatoes &  
Gravy  
Fresh Grapes

Wednesday, January 10

### Breakfast

Wash/JH-Breakfast  
Pizza  
Breakfast Bar  
Chilled Fruit

### Lunch

Chili W/Crackers  
Meat Stick  
Baby Carrots  
Dried Cranberries

Thursday, January 11

### Breakfast

Wash/JH-Ham & Egg/  
Cheese/Bun  
Choice of Cereal  
Grahams  
Chilled Fruit

### Lunch

Tater-Tot  
Casserole  
California Blend  
Strawberries

Friday, January 12

### Breakfast

Mini Cookies  
Juice/Fruit

### Lunch

Hamburger/Bun  
Sweet Potato's W/  
Marshmallow  
Topping  
Chilled Apricots



*Happy New Year  
and Welcome Back!  
We hope you enjoyed  
your break!*