

Winter Menu Nov. 5-March 1, 2019

Forest Ranch



PRIC-

Break-fast

FREE: \$0

REDUCED: \$0

FULL PAID: \$1.50

ADULTS &

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cereal Waffle & Sausage Patty Yogurt & Granola	Multigrain Cereal Parfait Yogurt & Granola	Multigrain Cereal Muffin Cinnamon Roll Yogurt & Granola	Multigrain Cereal Bagel W/ Cream cheese Yogurt & Granola	Multigrain Cereal Breakfast Bar Yogurt & Granola

Garden Bar with Fresh Fruit and Vegetables offered daily.

1% White Milk or Non Fat Chocolate

Lunch

FREE: \$0

REDUCED: \$.0

PAID: \$2.70

Adults &
Siblings \$3.75

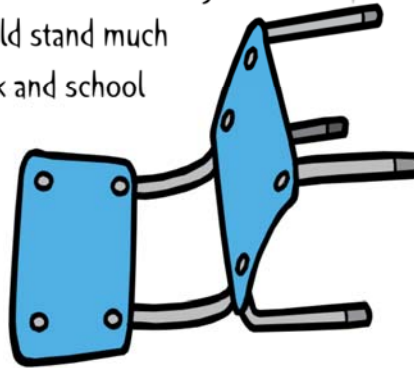
Manager's Choice Sandwich	Turkey Gravy & Mashed Potatoes w/ Roll	Spaghetti & Meat Sauce w/ Breadstick	Bean & Rice Burrito Bowl W/ Chips	Asian Ora nge Chicken W/Rice
Hamburger Cheese Burger	Cheese Pizza Pepperoni Pizza	Chicken Burger	Cheese Pizza Pepperoni Pizza Corn Dog	Hamburger Cheese Burger
PB&J Sandwich W/ Sunflower Seeds	Yogurt, String Cheese & Granola	Bean & Cheese Burrito COOKIE	Must take 1/2 cup Fruit and Or Vegetable Daily	PB&J Sandwich W/ Sunflower Seeds

National Days

- Nov. 11 Veterans Day (National Holiday)
- Dec. 1 Eat a Red Apple Day
- Dec. 4 Sock Day
- Dec. Oatmeal & Muffin Day
- Dec. Science Fiction Day
- Jan. 15 Hat Day
- Feb. Wear Red Day
- Feb. 7 Send a Friend a Card Day
- Feb. 11 Make a Friend Day

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Teens 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!

Feel Free to Hit the Snooze

A little extra time in the morning can mean finishing that last bit of homework . . . or getting a few more minutes of sleep! Nutrition Services can help streamline your mornings by offering your kids a healthy, convenient and economical, and alternative for their school-day nutrition. So why not take advantage of this great service? Encourage your kids to join us for breakfast and lunch at school every day!

COME JOIN US!!

eat fit

wanna stay fit?
gotta eat right!

item: guacamole

verdict: the dip-to-chip ratio matters

tip: It's football playoff time, leading up to the Super Bowl, and that means you won't be able to avoid guacamole if you try! So don't try!!! Guac is a really healthy snack, full of fiber and nutritious plant fat. Really, it's the chips that get you – so load up lots of guac per chip and eat fewer chips!



Based on 4 oz. of guac from a national chain



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 IN **DEATH VALLEY NATIONAL PARK** SITS AT 279 FEET **BELOW** SEA LEVEL. JUST 84.6 MILES AWAY, **MOUNT WILKNEY** RISES 14,505 FEET **ABOVE** SEA LEVEL!

STRANGE BUT TRUE!



Source: Geographer