

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Please return menu with your payment and order choices by January 20th. <p>Breakfast \$1.75 Lunch \$2.75</p>		Bfast: Muffin & Fruit 1 Lunch: Chicken & Brown Rice Bowl PBJ	Bfast: Bagel/Cream Cheese & Fruit 2 Lunch: Mac & Cheese PBJ	Bfast: Yogurt Parfait 3 Lunch: Beef & Bean Burrito PBJ
Bfast: Muffin & Fruit 6 Lunch: Mac & Cheese PBJ	Bfast: Bagel/Cream Cheese & Fruit 7 Lunch: Chicken & Brown Rice Bowl PBJ	Bfast: Muffin & Fruit 8 Lunch: Beef & Bean Burrito PBJ	Bfast: Bagel/Cream Cheese & Fruit 9 Lunch: Chicken Noodle Soup PBJ	Bfast: Yogurt Parfait 10 Lunch: Beef & Bean Burrito PBJ
Bfast: Muffin & Fruit 13 Lunch: Chicken & Brown Rice Bowl PBJ	Bfast: Bagel/Cream Cheese & Fruit 14 Lunch: Mac & Cheese PBJ	Bfast: Muffin & Fruit 15 Lunch: Chicken Noodle Soup PBJ	Bfast: Bagel/Cream Cheese & Fruit 16 Lunch: Beef & Bean Burrito PBJ	17 NO SCHOOL
20 NO SCHOOL	Bfast: Bagel/Cream Cheese & Fruit 21 Lunch: Chicken Noodle Soup PBJ	Bfast: Muffin & Fruit 22 Lunch: Beef & Bean Burrito PBJ	Bfast: Bagel/Cream Cheese & Fruit 23 Lunch: Mac & Cheese PBJ	Bfast: Yogurt Parfait 24 Lunch: Chicken & Brown Rice Bowl PBJ
Bfast: Muffin & Fruit 27 Lunch: Chicken Noodle Soup PBJ	Bfast: Bagel/Cream Cheese & Fruit 28 Lunch: Mac & Cheese PBJ	Bfast: Muffin & Fruit 29 Lunch: Chicken & Brown Rice Bowl PBJ		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

- Make checks payable to:
FRCS