




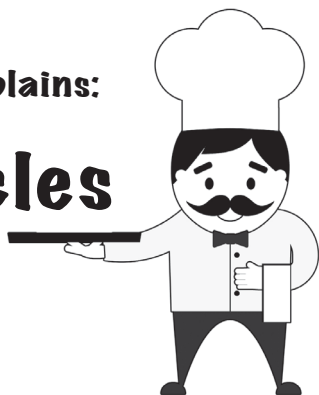
January, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>15</p>	<p>16</p> <p>Pasta with Meat Sauce & Garlic Toast</p> <p>or A) Hot Dog on a Bun</p> <p>Green Beans <i>or</i> Tossed Garden Salad Pears</p> <p>Fun & Fitness Cookie Treat!</p>	<p>17</p> <p>Manwich Sloppy Joe on a Bun</p> <p>or A) Chicken Patty on a Bun</p> <p>Baked Beans Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit</p>	<p>18</p> <p>Fiestada Pizza</p> <p>or A) Hamburger or Cheeseburger on a Bun</p> <p>Corn <i>or</i> Tossed Garden Salad Raisins</p>	<p>19</p> <p>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</p> <p>or A) Cheese Pizza</p> <p>Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit</p>
<p>22</p> <p>Cheese Calzone</p> <p>or A) Chicken Nuggets with a Roll</p> <p>Carrot Sticks with Dip Applesauce Cup <i>or</i> Seasonal Fresh Fruit</p>	<p>23</p> <p>Walking Taco (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa)</p> <p>or A) Corn Dog</p> <p>Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice</p>	<p>24</p> <p>Meatball Sub</p> <p>or A) Popcorn Chicken with a Roll</p> <p>Potato Wedges Peach Cup <i>or</i> Seasonal Fresh Fruit</p>	<p>25</p> <p>Popcorn Chicken with Rice & Breadstick (optional Mandarin Orange Sauce)</p> <p>or A) Hamburger or Cheeseburger on a Bun</p> <p>Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges</p>	<p>26</p> <p>Mac & Cheese with a Pretzel Rod</p> <p>or A) Cheese Pizza</p> <p>Green Beans Pears <i>or</i> Seasonal Fresh Fruit</p> 
CATHOLIC SCHOOLS WEEK JAN 28TH-FEB 3TH				
<p>29</p> <p>Pepperoni Pizza</p> <p>or A) Chicken Nuggets with a Roll</p> <p>Carrots Apple Slices <i>or</i> Seasonal Fresh Fruit</p>	<p>30</p> <p>Oven Baked Chicken with a Corn Muffin</p> <p>or A) Hot Dog on a Bun</p> <p>Roasted Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup</p>	<p>31</p> <p>Salisbury Steak with Gravy & Breadstick</p> <p>or A) Chicken Patty on a Bun</p> <p>Mashed Potatoes Strawberry Cup <i>or</i> Seasonal Fresh Fruit</p>		

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY

Chef Louie Explains: Getting Muscles



Ever wish you could be as muscular as a superhero or your favorite professional athlete? Well, the big muscles you're thinking about aren't possible for children. Professional athletes are grownups, whose bodies are different from childrens' bodies in many ways. On the bright side, both boys and girls **can** do a lot to build strong, healthy muscles.

Playing Makes Muscles

It sounds too simple, but it's true. Playing, running, jumping, and riding your bike can make your muscles stronger. Any physical activity you like to do—from dancing to playing football—can make you stronger. Why? Because you're using your muscles when you perform the activity.

Eat Strong

What should you eat if you want strong muscles? You might think you need a lot of foods that contain protein (such as meat and eggs) or foods that contain iron. But no one magical food helps build muscles. Your muscles—and your entire body—will be strong and healthy if you eat a variety of nutritious foods.

Should You Pump Iron?

Some children want to lift weights so they can look bigger and stronger. But lifting weights won't produce big muscles in children who haven't gone through puberty yet, and lifting heavy weights can be dangerous to childrens' muscles and tendons.