<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Jan 5</td>
<td>#1 Mini Cheeseburger Sliders</td>
<td>#1 Mini Cheeseburger Sliders</td>
</tr>
<tr>
<td></td>
<td>#2 Whole Grain Corndog</td>
<td>#2 Whole Grain Mini Corndogs w/ Tomato Soup</td>
</tr>
<tr>
<td></td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
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<tr>
<td></td>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
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<tr>
<td></td>
<td></td>
<td>#1 Pasta w/ Meat Sauce w/ Brown Rice</td>
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<tr>
<td></td>
<td></td>
<td>#2 Egg Roll w/ Brown Rice</td>
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<tr>
<td></td>
<td></td>
<td>#3 Yogurt Lunch (M)</td>
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<td></td>
<td></td>
<td>#4 Baked Potato Bar (M)</td>
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<tr>
<td></td>
<td></td>
<td>Chocolate Chip Cookie</td>
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<td></td>
<td></td>
<td>Baby Carrots</td>
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<tr>
<td></td>
<td></td>
<td>Salad Bar</td>
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<tr>
<td></td>
<td></td>
<td>Milk</td>
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</tbody>
</table>

**Lunch Prices:**
- Full Pay = $3.50
- K-3 Reduced = Free
- 4-5 Reduced = $0.40
- Adult = $4.25

(M) = Meatless Entrée

**JANUARY BIRTHDAYS**
- Paul Revere -- Jan. 1
- Betsy Ross -- Jan. 1
- Alexander Hamilton -- Jan. 11
- Dr. Martin Luther King -- Jan. 15
- Benjamin Franklin -- Jan. 17
- John Hancock -- Jan. 23

**SWEET DREAMS.**
Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don’t get enough sleep several nights in a row, you’ll have a “sleep debt” and need to catch up to perform at your best.

WELLNESS IS A WAY OF LIFE!

Finally, a New Year’s resolution that’s easy to keep!

The meals we serve at school offer all kids a convenient, economical, and healthy alternative for their school-day nutrition. So why not resolve to take advantage of this great service every day? This New Year, do your kids -- and your family budget -- a favor. Encourage your kids to join us for lunch at school every day!

Lunch $3.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
425-837-5060
**Our Nation’s History**

**Monday, January 20**
- #1 Mac & Cheese (M)
- #2 Whole Grain Corndog
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

**Tuesday, January 21**
- #1 Cheesy Breadsticks w/ Pizza Sauce (M)
- #2 Whole Grain Corndog
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

**Wednesday, January 22**
- #1 Cheese (M) or Pepperoni Pizza
- #2 BBQ Pulled Turkey Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

**Thursday, January 23**
- #1 Chicken Nuggets w/ Goldfish Grahams
- #2 Veggie Burger (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

**Friday, January 24**
- #1 Cheese (M) or Pepperoni Pizza
- #2 BBQ Pulled Turkey Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

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**Monday, January 26**
- Broccoli
- Salad Bar
- Milk

**Tuesday, January 27**
- Sweet & Sour Meatballs w/ Brown Rice
- Chicken Burger
- Yogurt Lunch (M)
- Baked Potato Bar (M)

**Wednesday, January 28**
- Cheese (M) or Pepperoni Pizza
- Ham Deli Sandwich
- Yogurt Lunch (M)
- Baked Potato Bar (M)

**Thursday, January 29**
- Nacho Supreme!
- No Choice
- Yogurt Lunch (M)
- Baked Potato Bar (M)

**Friday, January 30**
- Chicken Rings w/ Whole Grain Breadstick
- Veggie Burger (M)
- Yogurt Lunch (M)
- Baked Potato Bar (M)

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**Martin Luther King Jr’s Birthday**

**January 19**

**No School**

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**Leave it alone.**

You’ve heard of the “5 second rule,” right? Don’t buy it. Believe it or not, germs don’t observe a waiting period, so there is no “safe” amount of time for food to be on the floor. If you can’t wash it off, don’t put it back on your plate!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay_healthy/foodpyramid.html](http://www.kidshealth.org/kid/stay_healthy/foodpyramid.html)

**Nutrition to Go**

Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you’d be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!