



MENU FOR JANUARY 2025 ACMETONIA Elementary School

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Breakfast:

Choose at least 3 of 4 available component

Daily breakfast entrée or variety of alternate choices

Fruit or 100% Fruit Juice

Milk Choice

Thursday, January 2

Breakfast

Cereal Choice with Wholegrain Crackers

Lunch

Baked Breaded Chicken Nuggets

Vegetable Choice

Fruit / Milk Choice

Friday, January 3

Breakfast

Super Bakery Banana Bread

Lunch

Stuffed Crust Pizza

Baked Fries

Fruit / Milk Choice

Lunch:

Alternate Choice:

- 1) Deli Hoagie
- 2) Peanut Butter & Jelly Sandwich

Available Daily:

Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads/Rolls
Milk Choice

Monday, January 6

Breakfast

Super Bakery Breakfast Bar

Lunch

Baked Breaded Chicken Sticks

Buttered Noodles

Fruit / Milk Choice

Tuesday, January 7

Breakfast

Baked Wholegrain Funnel Cake

Lunch

Cheese Quesadilla Pizza Wedge

Vegetable Choice

Fruit / Milk Choice

Wednesday, January 8

Breakfast

Breakfast Pizza Square

Lunch

Cheeseburger on a Wholegrain Bun

Baked Tater Tots

Fruit / Milk Choice

Thursday, January 9

Breakfast

French Toast Sticks & Sausage Links

Lunch

Grilled Cheese Sandwich with Crispy Potato Sticks

Cherry & Lime Swirl Cup

Fruit / Milk Choice

Friday, January 10

Breakfast

Cinnamon Ultimate Breakfast Round

Lunch

BOSCO Sticks with Pizza Sauce Cup

Vegetable Choice

Fruit / Milk Choice



Pro Football playoffs start Saturday, Jan. 11. What team will wear the crown?

Monday, January 13

Breakfast

Cereal Choice with Graham Crackers

Lunch

Baked Breaded Pizza Crunchers

Smiley Fries

Fruit / Milk Choice

Tuesday, January 14

Breakfast

Egg & Cheese Breakfast Sandwich

Lunch

Beef & Cheese Nachos

Steamed Corn

Fruit / Milk Choice

Wednesday, January 15

Breakfast

Super Bakery Wholegrain Donuts Rings

Lunch

Hot Dog on a Wholegrain Bun

Honey Baked Beans

Fruit / Milk Choice

Thursday, January 16

Breakfast

Toasted Wholegrain Pop Tarts

Lunch

Chicken Sandwich on a Wholegrain Bun

Baked Fries

Fruit / Milk Choice

Friday, January 17

Breakfast

Super Bakery Wholegrain Muffins

Lunch

Deep Dish Pizza

Tossed Garden Salad

Fruit / Milk Choice



**No
School
Today**

Tuesday, January 21

Breakfast
General Mills
Cereal Bars

Lunch
French Bread
Pizza Wedge

Vegetable Choice

Fruit / Milk Choice

Wednesday, January 22

Breakfast
Breakfast Pizza
Square

Lunch
Baked Hoagie on a
Wholegrain Bun

Crispy Potato Sticks

Fruit / Milk Choice

Thursday, January 23

Breakfast
Breakfast Yogurt Cup
with Graham Crackers

Lunch
Barbecue Rib
Sandwich

Baked Fries

Fruit / Milk Choice

Friday, January 24

Breakfast
Super Bakery
Breakfast Bar

Lunch
Italian Dunkers with
Pizza Sauce Cup

Vegetable Choice

Fruit / Milk Choice

2025

The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.

YEAR OF THE SNAKE

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.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, January 27

Breakfast
Super Bakery
Banana Bread

Lunch
Baked Breaded
Chicken Tenders

Potatoes & Gravy

Fruit / Milk Choice

Tuesday, January 28

Breakfast
Cereal Choice with
Granola Bar

Lunch
Beef Taco with
Lettuce & Cheese

Spanish Rice

Fruit / Milk Choice

Wednesday, January 29

Breakfast
Buttermilk Pancakes
with Sausage & Syrup

Lunch
Cheeseburger on a
Wholegrain Bun

Baked Fries

Fruit / Milk Choice

Thursday, January 30

Breakfast
Wholegrain Donut
Cake Stick

Lunch
Macaroni & Cheese with
Baked Soft Pretzel

Steamed Broccoli

Fruit / Milk Choice

Friday, January 31

Breakfast
Super Bakery
Breakfast Bar

Lunch
Thin Crust
Pizza Slice

Tossed Garden Salad

Fruit / Milk Choice

FRUIT

Coconut

In the tropics, coconut has long been prized for its "meat," as well as for the water found inside and the oil made from the fruit. Coconut is rich in vitamins and minerals, including B-vitamins, iron, potassium, calcium, and healthy fats.

OF THE MONTH

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A QUICK BITE FOR PARENTS