

Monday		Tuesday		Wednesday		Thursday		Friday	
5 Cereal Juice Milk Ravioli Green Beans Fruit Max Stix Milk		6 Pancakes Syrup Juice Milk Chicken Pinto Beans Rice Cornbread Fruit Cookies Milk		7 Sausage & Biscuits Jelly Juice Milk Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk		1 HAPPY NEW YEAR		2 HOLIDAY	
12 Bagels Juice Milk Pizza Corn Fruit Cookies Milk		13 Pancake Sausage on a Stick Syrup Juice Milk Nachos Salad Pinto Beans Fruit Cookies Milk		14 Cereal Cinnamon Toast Juice Milk Chicken Fried Steak Mashed Potatoes Veggie Fruit Milk		8 Donuts Lil Smokies Juice Milk Chicken Soup Grilled Cheese Crackers Fruit Cookies Milk		9 Breakfast Pizza Juice Milk Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries Fruit Cookies Milk	
19 HOLIDAY		20 Pancakes Syrup Juice Milk Lasagna Corn Max Stix Fruit Milk		21 Sausage & Biscuit Jelly Juice Milk Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk		15 Ham & Cheese Puffs Juice Milk Tater Tot Casserole Veggie Fruit Bread Cookies Milk		16 Sausage Rolls Juice Milk Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries Fruit Cookies Milk	
26 Pancake Sausage on a Stick Syrup Juice Milk Pizza Veggie Fruit Cookies Milk		27 Strudels Cereal Juice Milk Chicken Spaghetti Veggie Fruit Bread Cookies Milk		28 Sausage Rolls Juice Milk Salisbury Steak Mashed Potatoes Veggie Fruit Milk		22 French Toast Sticks Lil Smokies Syrup Juice Milk Beef & Cheese Burritos Pinto Beans Salad Fruit Milk		23 Breakfast Pizza Juice Milk Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries Fruit Cookies Milk	
26 Pancake Sausage on a Stick Syrup Juice Milk Pizza Veggie Fruit Cookies Milk		27 Strudels Cereal Juice Milk Chicken Spaghetti Veggie Fruit Bread Cookies Milk		28 Sausage Rolls Juice Milk Salisbury Steak Mashed Potatoes Veggie Fruit Milk		29 Ham & Cheese Puffs Juice Milk Corn Dogs Mac & Cheese Baked Beans Fruit Cookies Milk		30 Bagels Juice Milk Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries Fruit Cookies Milk	

Happy 2009!

It's a new year! Kick it off right by eating more foods that are healthy and by being more physically active. You can improve your diet by:

- * eating more fruits, vegetables and whole grains;
- * avoiding fried foods, sugary snacks, sodas and fruit drinks;
- * choosing skim or low-fat milk and dairy products; and
- * eating school meals.

Make a new year's resolution to spend more time exercising than playing video or computer games or watching television. Pump up your activity level and make 2009 your healthiest and most fun year yet!

Calling all family members!

January is Family Fit Lifestyle Month! A great way to make regular physical activity a part of your family's routine is to get a notebook and keep a fitness diary. Record how long or far each family member walked, cycled or ran each day.

However you slice it

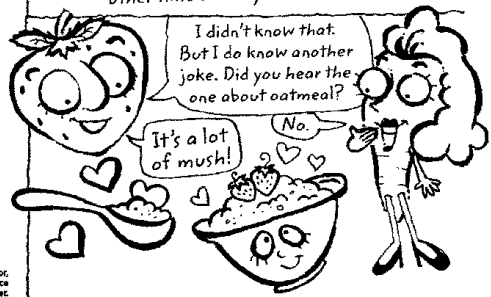
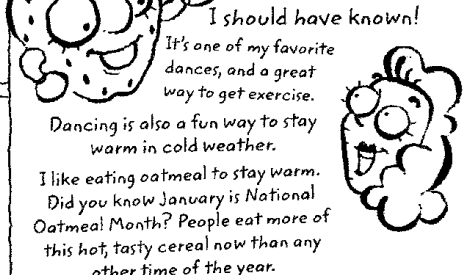


Did you know January is also National Wheat Bread Month? Americans eat bread at breakfast, lunch and dinner. Choose toast and sandwich bread made with whole-wheat flour. It's loaded with fiber and nutrients to keep you healthy and strong. Try to eat at least three whole-grain treats a day!

Check Out the CAFETERIA BUZZ

Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6342 (TTY). USDA is an equal opportunity provider and employer.



Crunch & Munch comics by MISSI JAY.