

**Happy New Year!**



**Fairfield City Schools K-8**

*This institution is an equal opportunity provider and employer.*

**Make a Resolution To Save**

**YOU'RE GOOD**



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

**Fairfield City Schools Child Nutrition**



**Pro Football playoffs start Saturday, Jan. 13. What team will wear the crown on Super Bowl Sunday?**

**Available Daily**

**Grades K-8**

**Variety of Fresh & Canned Fruit,  
Variety of Milk  
and Asst. Whole Grains (WG)**

**Many Moons**

*Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."*

**Monday, January 8**

**Breakfast**

Mini Pancakes (WG)  
Fruit cup, Fruit Juice  
Milk

**Lunch**

Chicken Nuggets  
Dinner Roll (WG)  
Green Beans  
Baked French Fries  
Fruit Variety  
Milk Choices

**Tuesday, January 9**

**Breakfast**

Breakfast Pizza (WG)  
Fruit cup, Fruit Juice  
Milk

**Lunch**

Corndog (WG)  
Mac & Cheese  
Baked Beans  
Garden Salad  
Fresh Fruit  
Milk Choices

**Wednesday, January 10**

**Breakfast**

Ham & Cheese Biscuit (WG)  
Fresh Fruit, Fruit Juice  
Milk

**Lunch**

Beef Steak Nuggets  
English Peas  
Sweet Potato Fries  
Dinner Roll (WG)  
Fruit Variety  
Milk Choices

**Thursday, January 11**

**Breakfast**

Oatmeal w/Berries (WG)  
Sausage Link  
Fruit cup  
Fruit Juice  
Milk

**Lunch**

Baked Chicken  
Cornbread  
Fresh Collard Greens  
Sweet Potato Yams  
Fresh Fruit  
Milk Choices

**Friday, January 12**

**Breakfast**

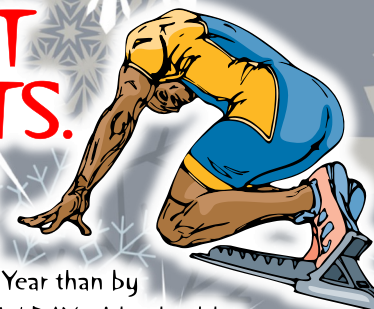
Cereal w/ Toast (WG)  
Fresh Fruit  
Fruit Juice  
Milk

**Lunch**

Pepperoni Pizza (WG)  
Mixed Vegetables  
Garden Salad  
Fruit Variety  
Milk Choices

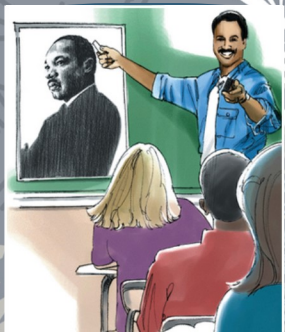
**GREAT STARTS.**

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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





*School will be closed  
Monday, January 15  
in recognition of  
Martin Luther King, Jr.'s  
birthday.*

**Tuesday, January 16**

**Breakfast**

French Toast (WG)  
Fruit cup  
Fruit Juice  
Milk

**Lunch**

Crispy Chicken Sand. (WG)  
Corn on the cob  
Baked Beans  
Fresh Fruit  
Milk Choices

**Wednesday, January 17**

**Breakfast**

Chicken Biscuit (WG)  
Fresh Fruit  
Fruit Juice  
Milk

**Lunch**

Waffle Sticks (WG)  
Scrambled Eggs  
Sausage Links  
Carrot Sticks  
Tator Tots, Salsa  
Fruit Variety  
Milk Choices

**Thursday, January 18**

**Breakfast**

Grits w/Toast (WG)  
Sausage Link  
Fruit cup, Fruit Juice  
Milk

**Lunch**

Spaghetti w/Meat  
Sauce (WG)  
Green Beans  
Garden Salad  
Fruit Variety  
Milk Choices

**Friday, January 19**

**Breakfast**

Cereal w/ Toast (WG)  
Fresh Fruit  
Fruit Juice  
Milk

**Lunch**

Turkey & Cheese  
Sandwich (WG)  
Carrot Sticks  
Garden Salad  
Milk Choices



**Which of these prehistoric  
life forms is NOT extinct?**



**Monday, January 22**

**Breakfast**

Mini Pancakes (WG)  
Fruit cup  
Fruit Juice  
Milk

**Lunch**

Filet Sandwich  
Coleslaw  
French Fries  
Fresh Fruit  
Milk Choices

**Tuesday, January 23**

**Breakfast**

Muffin (WG) & Yogurt  
Fruit cup Fruit Juice  
Milk

**Lunch**

Taco Tuesday (WG)  
Pinto Beans  
Mexicali Corn  
Fruit Variety  
Milk Choices

**Wednesday, January 24**

**Breakfast**

Steak Biscuit (WG)  
Fresh Fruit  
Fruit Juice  
Milk

**Lunch**

Chicken Alfredo (WG)  
Breadstick  
Garden Salad  
Broccoli  
Fruit Variety  
Milk Choices

**Thursday, January 25**

**Breakfast**

Breakfast Pizza (WG)  
Fruit cup, Fruit Juice  
Milk

**Lunch**

Salisbury Steak  
Steamed Rice (WG)  
Sweet Potato Yams  
English Peas  
Fresh Fruit  
Milk Choices

**Friday, January 26**

**Breakfast**

Cereal w/ Toast (WG)  
Fresh Fruit  
Fruit Juice  
Milk

**Lunch**

Pepperoni Pizza (WG)  
Baked French Fries  
Garden Salad  
Fruit Variety  
Milk Choices

**Monday, January 29**

**Breakfast**

Mini Cinnis (WG)  
Fruit cup  
Fruit Juice  
Milk

**Lunch**

Cheeseburger Deluxe (WG)  
Potato Wedges  
Garden Salad  
Fresh Fruit  
Milk Choices

**Tuesday, January 30**

**Breakfast**

Breakfast Yogurt Parfait  
W/Graham Crackers (WG)  
Fruit cup  
Milk

**Lunch**

Sweet & Sour Chicken  
Rice (WG)  
Roasted Vegetable Mix  
Garden Salad  
Fruit Variety  
Milk Choices

**Wednesday, January 31**

**Breakfast**

Sausage Biscuit (WG)  
Fresh Fruit  
Fruit Juice  
Milk

**Lunch**

Hotdog (WG)  
Baked Beans  
Garden Salad  
Fruit Variety  
Milk Choices

***The home stretch!***



**Just a few more  
months to go in  
the school year!  
YOU CAN DO IT!  
And we want to  
help! While you  
concentrate on  
the finish line,  
we'll keep you  
fueled up with  
tasty, nutritious  
food!**

STEGOMASTODON -- a six-ton elephant-like behemoth.  
MEGATHERIUM -- a four-ton giant ground sloth. And the  
AVOCADO?! The first two are extinct -- and the third probably  
should be. The avocado plant developed its large seed (it was  
even larger back then) because very big animals would eat the  
fruit whole in one gulp, seed and all, and help the plant spread  
to new areas. When most of the big mammals died off 10,000  
or more years ago, the avocado should have disappeared with  
them -- birds and tiny mammals can't begin to swallow and  
disperse a seed that big! But somehow the wild avocado  
survived thousands of years until humans learned to cultivate  
the delicious fruit. And the avocado's future survival was  
guaranteed when man discovered the Super Bowl and started  
cranking out lots of guacamole every winter!!

**Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)**