

Happy New Year!



Fairfield City Schools PREK

This institution is an equal opportunity provider and employer.

2024
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?



Brain

Ticklers

What has four wheels and flies?

(Hold the page upside down and read it in a mirror for the answer!)

U HOP LUCKY

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, Milk

Lunch

Chicken Nuggets
Dinner Roll (WG)
French Fries
Fruit Variety, Milk

Snack

Cheerios (WG)
Milk

Tuesday, January 9

Breakfast

Breakfast Pizza (WG)
Fruit Cup
Milk

Lunch

Mac & Cheese
Baked Beans
Fruit Variety
Milk

Snack

String Cheese
100% Juice

Wednesday, January 10

Breakfast

Ham & Cheese Biscuit (WG)
Fresh Fruit, Milk

Lunch

Beef Steak Nuggets
Dinner Roll (WG)
English Peas
Fruit Variety, Milk

Snack

Tortilla Chips (WG)
Salsa, 100% Juice

Thursday, January 11

Breakfast

Oatmeal w/Berries (WG)
Fruit Cup, Milk

Lunch

Baked Chicken
Cornbread
Fresh Collard Greens
Fresh Fruit, Milk

Snack

Goldfish (WG)
Fruit Cup

Friday, January 12

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Milk

Lunch

Pepperoni Pizza (WG)
Mixed Vegetables
Fruit Variety, Milk

Snack

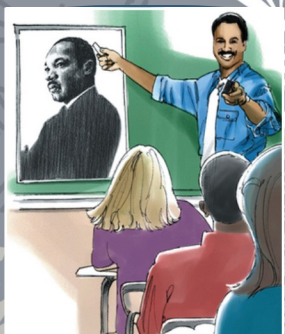
Graham Crackers (WG)
Milk

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
Milk

Lunch

Crispy Chicken Sand. (WG)
Baked Beans
Fresh Fruit, Milk

Snack

Half Turk & Chs. Sand. (WG)
100% Juice

Wednesday, January 17

Breakfast

Chicken Biscuit (WG)
Fresh Fruit
Milk

Lunch

Waffle Sticks (WG)
Sausage Links
Tator Tots,
Fruit Variety
Milk

Snack

Pretzel
Fruit Cup

Thursday, January 18

Breakfast

Grits w/Toast (WG)
Sausage Link
Fruit Cup
Milk

Lunch

Spaghetti w/Meat
Sauce (WG)
Green Beans, Fruit Variety
Milk

Snack

Fruit Cup
Milk

Friday, January 19

Breakfast

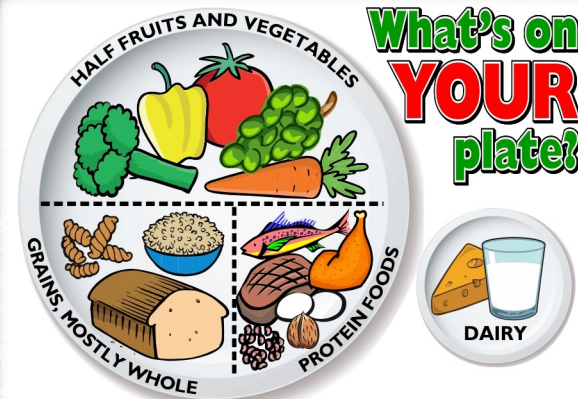
Cereal w/ Toast (WG)
Fresh Fruit
Milk

Lunch

Turkey & Cheese
Sandwich (WG)
Carrot Sticks
Milk

Snack

Animal Crackers (WG)
Fruit Cup



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



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 or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html**

Monday, January 22

Breakfast

Mini Pancakes (WG)
Fruit Cup, Milk

Lunch

Filet Sandwich
Coleslaw
Fresh Fruit

Milk

Snack

Goldfish (WG)
Fruit Cup

Tuesday, January 23

Breakfast

Muffin (WG) & Yogurt
Fruit Cup, Milk

Lunch

Taco Tuesday (WG)
Pinto Beans
Fruit Variety
Milk

Snack

Fresh Fruit
Milk

Wednesday, January 24

Breakfast

Steak Biscuit (WG)
Fresh Fruit
Milk

Lunch

Chicken Alfredo (WG)
Broccoli
Fruit Variety, Milk

Snack

Tortilla Chips (WG)
100% Juice

Thursday, January 25

Breakfast

Breakfast Pizza (WG)
Fruit Cup, Milk

Lunch

Salisbury Steak
Steamed Rice (WG)
Sweet Potato Yams
Fresh Fruit, Milk

Snack

Cheerios (WG)
Milk

Friday, January 26

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit, Milk

Lunch

Pepperoni Pizza (WG)
Baked French Fries
Fruit Variety, Milk

Snack

String Cheese
100% Juice

Monday, January 29

Breakfast

Mini Cinnis (WG)
Fruit cup
Milk

Lunch

Cheeseburger (WG)
Potato Wedges
Fresh Fruit, Milk

Snack

Cheese Crackers (WG)
Milk

Tuesday, January 30

Breakfast

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

Lunch

Sweet & Sour Chicken
Rice (WG), Veg Mix,
Fruit Variety, Milk

Snack

Half Turk & Chs. Sand. (WG)
100% Juice

Wednesday, January 31

Breakfast

Sausage Biscuit (WG)
Fresh Fruit, Milk

Lunch

Grilled Cheese
Sandwich (WG)
English Peas
Fruit Variety, Milk

Snack

Pretzel
Fruit Cup

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!**