

Cheers **TO A BRIGHT** New Year

# JANUARY

*Fruitvale*

## Make New Year's Resolutions Stick!

Studies have shown 40% of Americans make New Year's Resolutions, but only 8% achieve them! See tips below to discover how you can be part of the 8% in this new year!

- ⇒ Keep it simple– the more complicated your list is to obtain, the less likely you are to even begin.
- ⇒ Make it specific- Vague goals turn into vague results. Saying you want to “stay healthy” sounds ideal, but being specific about what “healthy” means to you will make the goal easier to achieve.
- ⇒ Say it out loud– Let someone close to you know about your goals, so they can help you stay accountable. You can even take it a step further and post it on your social media account!

Monday	Tuesday	Wednesday	Thursday	Friday
7 Enjoy Your Day Off!	8 Salisbury Steak Chicken Rings Mashed Potatoes Green Beans Dinner Roll Apple Orange	9 Deli Sub w/ Fritos Sloppy Joe Steamed Broccoli Cherry Tomatoes Apple Crisp Mixed Fruit	10 Chicken Fajita Wrap Beef Burrito Salsa Vegetable Juice Spanish Rice Refried Beans Peaches Mandarin Oranges	11 Pepperoni Pizza Cheese Pizza Carrots Mexicali Corn Mixed Fruit Pineapple Tidbits
14 Hamburger w/wo Cheese Hot Dog w/ Fritos Seasoned Fries Baked Beans Burger Salad w/ Pickle Banana Side Kick Fruit Cup	15 Chicken Fried Steak Meatloaf Mashed Potatoes Green Beans Dinner Roll Mixed Fruit Pineapple Tidbits	16 Popcorn Chicken w/ Hot Roll Chicken Alfredo w/ Hot Roll Spinach Cherry Tomatoes Peaches Strawberries	17 Burritos Fish on Bun Refried Beans Seasoned Peas Salsa Apple Sauce Mandarin Oranges	18 Cheese/ Pepperoni Pizza Cheese Sticks Carrots Mexicali Corn Mixed Fruit Pineapple Tidbits
21 Enjoy Your Day Off!	22 Tacos or Chili Cheese Nachos Lettuce & Tomato Homemade Salsa Charro Beans Spanish Rice Rainbow Pears	23 Soup, Sandwich and Salad <i>Choice of Soup and Sandwich with Garden Salad</i> Vegetable Dippers Baked Chips Orange Smiles	24 Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	25 Sweet & Sassy Chicken Sandwich Basket or Chicken Strip Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
28 Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup	29 Tacos or Quesadillas Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	30 Monterrey Chicken Hot Roll Glazed Carrots Steamed Vegetables Fruit Cup or BYSL	31 Italian Dippers or Pizza Seasoned Sweet Corn Italian Salad Colorful Apple Sauce	February 1 Cheese Burger Basket or Hot Dog Basket w/ Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3:	Poptart, Assorted Cereal, Graham Cracker	Combo Bar, Assorted Cereal, Graham Cracker	Pancake on a Stick, Assorted Cereal, Graham Cracker	Kolache, Assorted Cereal, Graham Cracker	Cereal Bar, Assorted Cereal, Graham Cracker
Week 2 & 4:	Cinnamon Roll, Assorted Cereal, Graham Cracker	Breakfast Pizza, Assorted Cereal, Graham Cracker	Blueberry Pancake, Assorted Cereal, Graham Cracker	Egg Omelet, Assorted Cereal, Graham Cracker	Breakfast Burrito Assorted Cereal, Graham Cracker



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Every lunch includes a choice of milk and a salad bar is offered to Secondary students.