

January 2024

January 1	January 2	January 3	January 4	January 5
		Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit
		PB and J Carrot sticks Milk, Fruit	Turkey Sub Potato Wedges Fresh Fruit, Milk	Pizza Dunkers and Sauce Tossed Salad Fresh Fruit, Milk
January 8	January 9	January 10	January 11	January 12
Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Kitchen Choice Graham Cracker Milk, Fruit
PB and J Carrot sticks Milk, Fruit	Turkey Sub Cucumbers Fresh Fruit, Milk	Ms. Navone's Immune Boosting Minestrone Roll and Butter Milk, Fruit	Egg Sandwich Celery Sticks Fresh Fruit, Milk	Pizza Dunkers and Sauce Tossed Salad Fresh Fruit, Milk
January 15	January 16	January 17	January 18	January 19
NO SCHOOL Martin Luther King Jr. Day	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Kitchen Choice Graham Cracker Milk, Fruit
	PB and J Carrot sticks Milk, Fruit	Creamy Corn Chowder Roll and Butter Cucumbers Milk, Fruit	Tuna Sub Celery Sticks Milk, Fruit	Veggie Pizza Bagel Caesar Salad Fresh Fruit, Milk
January 22	January 23	January 24	January 25	January 26
Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Conference Day No School for Scholars
PB and J Carrot sticks Milk, Fruit	Cheesy Black Bean Burrito Corn Salad Fresh Fruit, Milk	Curried Chicken Rice Soup Roll and Butter Cucumbers Milk, Fruit	Turkey Burgers Potato Wedges Milk, Fruit	
January 29	January 30	January 31	February 1	February 2
Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit	Stay tuned for our February Menu	
PB and J Carrot sticks Milk, Fruit	Cheesy Black Bean Burrito Broccoli Salad Fresh Fruit, Milk	Spicy Korean Beef Stew Roll and Butter Cucumbers Milk, Fresh Fruit		

All Bread pastas and grain products we serve, are healthy whole grains as often as possible. We aim to reduce salt, unhealthy fats and sugars and increase fruit and vegetable consumption as often as we can. January is a great time to enjoy a lot of different soups and stews and we highlight some of Ms. Navone's favorite healthy recipes and on the last Wednesday we will enjoy a wonderful Korean soup to make some cultural connections to the 5th grade expedition for everyone to enjoy with **Yukgaejang**, a spicy beef stew. Stay warm, stay healthy and enjoy the cozy winter months! Happy New Year! *We are a CEP School. All breakfast and lunch meals served are FREE to all scholars. DUE to There will be **no ala carte** this year. All meals served as is unless allergies are noted, or alternative is ordered by 9:30 a.m.

Hello Finn Families! Happy Healthy New Year!

The beginning of every new year is a great time for reflection and wellness goals setting. Sometimes it's hard to make changes and stick to them. Here is a good way to set goals that will help you throughout the school year and beyond!

How? Make them SMART GOALS!

What is a smart goal? Let's look!



Here is a quick example of a SMART goal: Today, I will drink 2 extra cups of water or, this week, I will walk around my block at least once. You may think you are not trying hard enough by setting small goals. This is not true. Good habits start with little consistent steps, so it's important to set small (and specific) measurable, attainable, realistic and timely goals! SMART GOALS! Have a wonderful 2024 everyone!

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