

January 1



January 2

January 3
Whole Grain Cereal
Or Bagel
Graham Cracker
Milk, Fruit
PB and J

Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit Turkey Sub

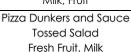
Potato Wedges

Fresh Fruit, Milk

January 4

Whole Grain Cereal Or Bagel Graham Cracker Milk, Fruit

January 5







Carrot sticks

Milk, Fruit



		Milk, Fruit		11031111011,7711111
January 15	January 16	January 17	January 18	January 19
NO SCHOOL	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Kitchen Choice
Martin Luther King Jr. Day	Or Bagel	Or Bagel	Or Bagel	Graham Cracker
	Graham Cracker	Graham Cracker	Graham Cracker	Milk, Fruit
	Milk, Fruit	Milk, Fruit	Milk, Fruit	
	PB and J	Creamy Corn Chowder	Tuna Sub	Veggie Pizza Bagel
	Carrot sticks	Roll and Butter	Celery Sticks	Caesar Salad
	Milk, Fruit	Cucumbers	Milk, Fruit	Fresh Fruit, Milk
		Milk Fruit		

		Milk, Fruit		
January 22	January 23	January 24	January 25	January 26
Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Conference Day
Or Bagel	Or Bagel	Or Bagel	Or Bagel	No School for Scholars
Graham Cracker	Graham Cracker	Graham Cracker	Graham Cracker	
Milk, Fruit	Milk, Fruit	Milk, Fruit	Milk, Fruit	
PB and J	Cheesy Black Bean Burrito	Curried Chicken Rice Soup	Turkey Burgers	
Carrot sticks	Corn Salad	Roll and Butter	Potato Wedges	
Milk, Fruit	Fresh Fruit, Milk	Cucumbers	Milk, Fruit	
		Milk, Fruit		

Milk, Fruit	Fresh Fruit, Milk	Cucumbers Milk, Fruit	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		

All Bread pastas and grain prodcuts 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!









Specific

Specific means a detailed goal. It helps to also make it a SMALL goal. Baby steps!



Measurable

How long is it? how many? Make it something you can count or measure.



Attainable is

the hard part of setting a goal. We all want big results but sometimes it just needs to be a small victory day after day.



Realistic

Realistic is realizing one's limits. Be sure to set your goals that you know you can reasonably meet



Time-bound

Being timebound means defining clear timelines and provides a roadmap for tracking progress.







Here is a guick 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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