Finn ACADEMY
An Elmira Charter School

Help your kids make attainable healthy New Years Resolutions!

See article on back for tips!

January Menu 2026~Happy New Year!

Monday	Tuesday	Wednesday	Thursday	Friday
1-5	1-6	1-7	1-8	1-9
Uncrustables PBJ Carrots	Waffle Sticks with Maple Syrup Celery Sticks	Creamy Italian Dumpling Soup (gnocchi) Roasted Green Beans	Chicken Tender Sub with Honey Mustard and Cheddar Cheese Potato Wedges	French Bread Pizza Side Salad Italian Dressing Croutons
1-12	1-13	1-14	1-15	1-16
Uncrustables PBJ Carrots	Tuna Salad Sandwich Pretzels Tater Tots	Chicken Noodle Soup Cucumbers Roll and butter	Turkey Roll Up Lunchable Celery sticks	Pizza Dunkers Marinara Sauce Side Salad Italian Dressing Croutons
1-19	1-20	1-21	1-22	1-23
No School 	Uncrustables PBJ Carrots	Potato and Corn Chowder Cucumbers Roll and butter	Turkey Ham and Cheese Wrap with Lettuce and Ranch Roasted Broccoli	Pizza Roll Up Spinach Salad Italian Dressing Croutons
1-26	1-27	1-28	1-29	1-30
Uncrustables PBJ Carrots	Taco Salad Tortilla Chips Corn Salad Roll and Butter	Sausage and Kale Soup Celery Roll and butter	Stuffed Bell Peppers NEW ITEM! More info to follow Cucumbers 	Macaroni and Cheese Cole Slaw Italian Dressing Croutons

Breakfast Menu

Served with fresh fruit and milk.

Monday through Thursday, choice of:

~Whole Grain Bagel with variety of spreads

~Cereal selection

Breakfast Fridays:

Kitchen Choice Fresh Fruit and Milk

We serve as many whole grains, low fat, and low sodium foods as possible at every meal per NSLP guidelines.

All meals served with milk, whole grain option, fresh fruit, fresh vegetable of the day

All meals served as is unless allergies are noted, or alternative is ordered by 9:30 a.m. GF, DF, Vegetarian and Vegan options available.

**** We are a CEP school. All scholars receive 1 breakfast and 1 lunch free of charge. MENU IS SUBJECT TO CHANGE***

***Finn Academy is an equal opportunity employer.**

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Healthy New Year's Resolutions for Children & Teens

By: Lanre Falusi, MD, FAAP

The start of a new year is a great time to help your children focus on forming good habits. Making New Year's resolutions can be a fun way to do this!

As a pediatrician and mom of three kids, I know how important it is to set healthy goals with kids – and to be realistic about those goals. Kids also love having something to work toward. They can have fun keeping track on sticker charts or getting praise or rewards as they reach these goals, depending on their age.

Making resolutions together

I encourage you to sit down with your kids and, together, pick maybe one or two goals they want to set as their New Year's resolutions. If it's too overwhelming to think of them as resolutions, then just talk about them as goals and make it fun.

Keep it fun!

If your child meets that goal of reading every day for a week, maybe they get to pick the family movie during the weekend. Maybe your preschooler can eat more vegetables by drinking them in smoothies that the whole family enjoys. Involving kids in the decision-making and making these fun for the entire family can help turn these resolutions into long-lasting habits.

New Year's resolution ideas for kids (5 to 12 years old)

- I will drink water every day. I will keep soda and fruit drinks only for special times.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I will try to find a physical activity (like playing tag, jumping rope, dancing or riding my bike) or a sport I like and do it at least three times a week!
- I will do my homework before I play, use computer/devices or watch television.
- I'll try to be friendly to kids who may have a hard time making friends by talking with them and inviting them to join activities.
- I will turn off my devices at least an hour to two before I go to bed and read or do a calming activity like a puzzle or even take a warm bath.
- I will keep my personal info safe and not share my name, home address, school name or telephone number online. Also, I'll never send a picture of myself to someone I chat with on the computer or phone without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise that I'll do my best to follow our household rules for videogames and internet use.
- I will try to save time to read for fun.