

Clay Community Schools

ELEMENTARY BREAKFAST

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HAPPY NEW YEAR!!	Jan - 2 NO SCHOOL TODAY TEACHER IN-SERVICE DAY	Jan - 3 GRAVY& BISCUITS CEREAL YOGURT PARFAIT BANANAS JUICE MILK	Jan - 4 CINN ROLL BACON CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 5 SCRAMBLED EGGS ENGLISH MUFFIN, wg YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK
Jan - 8 DONUT MINI CHOC. YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK	Jan - 9 PANGAKES/SYRUP SAUSAGE LINK CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 10 GRAVY& BISCUITS CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 11 DUTCH WAFFLE SAUSAGE PATTY CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 12 BREAKFAST SANDWICH YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK
Jan - 15 DONUT MINI, POWDERED YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK	Jan - 16 WAFFLE STICKS SAUSAGE PATTY YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK	Jan - 17 GRAVY& BISCUITS CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 18 CINN ROLL BACON CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 19 CHEESE OMELET TOAST, WG CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK
Jan - 22 POP TART YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK	Jan - 23 SAUSAGE BLUEB PANCAKE WRAP CEREAL FRESH FRUIT YOGURT PARFAIT JUICE MILK	Jan - 24 GRAVY& BISCUITS YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK	Jan - 25 BAGEL W/ CINNAMON BUTTER CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 26 BREAKFAST SANDWICH YOGURT PARFAIT CEREAL FRESH FRUIT JUICE MILK
Jan - 29 HONEY BUN, WW SAUSAGE PATTY CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 30 FRENCH TOAST STICKS/ SYRUP CEREAL YOGURT PARFAIT FRESH FRUIT JUICE MILK	Jan - 31 GRAVY& BISCUITS CEREAL YOGURT PARFAIT BANANAS JUICE MILK		

Keep Your Family Healthy During the Cold and Flu Season

	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
Calories	483	350-500	100%	Carbohyd	78.54 g	64.98%
Sodium	623 mg	540		Tot. Fat	12.71 g	23.66%
Calcium	489.23 mg			Sat. Fat	4.28 g	7.96%

Washing Hands Prevents Illness


Washing your hands is one of the best ways to prevent the spread of harmful bacteria. Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduces the spread of the common cold and flu.

Wash Hands Often

- Wash hands before, during and after handling food.
- Wash hands after using the bathroom.
- Wash hands after doing chores.

5 Steps to Washing Hands

- 1 Turn on the faucet to warm water.
- 2 Lather hands with soap.
- 3 Wash your hands front and back, up to your wrists and between the fingers and underneath the nails singing the chorus of Happy Birthday 2 times.
- 4 Rinse soap off your hands and then dry your hands with a clean dry cloth.
- 5 Use the cloth to turn off the faucet and open the door to the restroom.

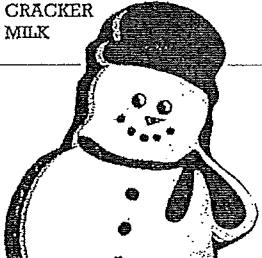


LEARN MORE
Academy of Nutrition and Dietetics
<http://www.eatright.org>
Center for Disease Control
<http://www.cdc.gov/parents>
National Sleep Foundation
<http://www.sleepfoundation.org>

Clay Community Schools

ELEMENTARY LUNCH

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HAPPY NEW YEAR!!	Jan - 2 TEACHER IN-SERVICE DAY	Jan - 3 PIZZA, VARIETY SALAD w/ DRESSING CORN PEACHES JUICE MILK	Jan - 4 CHICKEN DRUMMIES, ROLL MASHED POTATOES GREEN BEANS GRAPES MILK	Jan - 5 DOG N' SUBS HASHBROWN STARZ BAKED BEANS APPLESAUCE MILK
Jan - 8 CHICKEN RANCH WRAP REFRIED BEANS FRESH VEGGIES PEACHES MILK	Jan - 9 CHEESEBURGER/BUN SANDWICH VEGGIES SEASONED FRIES ORANGE SMILES MILK	Jan - 10 PEPPERONI PIZZA CORN CELERY STICKS APPLE, FRESH MILK	Jan - 11 POPCORN CHICKEN BISCUIT W/ APPLE BUTTER BROCCOLI, STEAMED FRESH VEGGIES FRUIT COCKTAIL MILK	Jan - 12 BEEF & CHEDDAR/ BUN DORTOS GREEN BEANS CARROTS, fresh YOGURT PEARS MILK
Jan - 15 SPAGHETTI/MEAT SAUCE BOSCO BREADSTICK SALAD w/ DRESSING CUCUMBER COINS PEACHES MILK	Jan - 16 CHICKEN NUGGETS MAC & CHEESE BROCC & CAULIFLOWER PINEAPPLE MILK	Jan - 17 PIZZA, ROUND CHEESE CORN FRESH VEGGIES MANDARIN ORANGES MILK	Jan - 18 STEAK BITES DINNER ROLL, WG POTATO WEDGES RED BEANS FRUIT of cooks choice MILK	Jan - 19 CHILI SOUP/CRACKERS PEANUT BUTTER SANDWICH CARROTS & CELERY MIXED FRUIT MILK
Jan - 22 SOFT TACO LETTUCE & TOMATOS REFRIED BEANS TROPICAL FRUIT SALAD MILK	Jan - 23 CHICKEN PATTY / BUN SPINACH BERRY SALAD POTATO SMILES PEARS MILK	Jan - 24 STUFF CRUST CHEESE PIZZA CORN SALAD w/ DRESSING APPLESAUCE MILK	Jan - 25 CHICKEN & NOODLES / ROLL MASHED POTATOES GREEN BEANS ORANGE SMILES MILK	Jan - 26 CHICKEN NUGGETS DELI ROASTER POTATOES CARROTS, fresh GRAPES GOLDFISH GRAHAM CRACKER MILK
Jan - 29 BISCUITS & GRAVY HASHBROWN STARZ RED PEPPER STRIPS ORANGE SMILES JUICE MILK	Jan - 30 COOKS' CHOICE VEGETABLE of cooks choice FRESH VEGGIES FRUIT of cooks choice JUICE MILK	Jan - 31 STUFF CRUST CHEESE PIZZA CORN CELERY & PB APPLESAUCE BIRTHDAY TREAT MILK		

ALL MENUS ARE SUBJECT TO CHANGE
This institution is an equal opportunity provider.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	642	550-650	100%	Carbohyd	87.31 g	54.38%	
Sodium	1003 mg	1230		Tot. Fat	19.75 g	27.68%	<=30.0%
Calcium	484.29 mg			Sat. Fat	5.88 g	8.23%	<10.00%

- Clean and disinfect surfaces and objects that may be contaminated with germs
- Avoid close contact with sick people.

Additional Precautions:

- Avoid touching your face to decrease the spread of germs

Hand Sanitizers

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizers do NOT eliminate all types of germs.

Maintain Regular Sleep Routines

Both parents and their children need to maintain regular sleep patterns to insure adequate and restful sleep. The National Sleep Foundation recommends a minimum of 7-9 hours of sleep for adults and 10-11 hours of sleep for school aged children.

Maintaining Healthy Eating Habits

Regular well balanced meals and snacks are important to maintain a strong immune system. Colorful fruits and vegetables are good choices, as well as drinking plenty of fluids particularly water to stay hydrated and decrease the risk of infection. Take advantage of your child's school meals as they offer perfectly portioned, nutrient rich, affordable healthy meals.

Physical Activity and Active Play

When the temperature drops we often hibernate. It's important to remain active. Consider taking walks as a family picking up colorful leaves for a collage, participate in scavenger hunts or farm mazes, and go for bike rides or play tag.

Be A Role Model

Parents remember your children are watching you! It is important to model the right behavior when it comes to these healthy habits.