**Raising Healthy Eaters!**

Eating habits begin as early as babies and toddlers. Children who receive plenty of fruits and vegetables on their plate start to think of them as normal and yummy. The good news is that it is never too late to start good eating habits! Here’s how:

- **Make it MyPlate friendly.** All dinners should include a protein, grain, fruit, vegetable, and dairy. Half of the plate should include fruits and vegetables. Encourage children to take a bite or two of items they don’t like. It may take up to 20 tries for them to begin to like certain foods, so don’t leave them off of the plate because your child “doesn’t like them”.

- **Don’t be a short-order cook.** Don’t make separate meals for your children. If you do, there is no incentive to try anything new.

- **Set an eating schedule.** Make a schedule for three healthy meals and two healthy, pre-portioned snacks and stick to it. If your child doesn’t eat what is served after 20 minutes, take it away and don’t allow them to eat until the next scheduled meal/snack.

- **Involve your children.** Shop, grow, cook, and enjoy the food together as a family. Make healthy eating a fun family activity. They will look to you as a role model and will love the bonding experience.

**Monday January 20**
- **NO SCHOOL**

**Tuesday January 21**
- **Breakfast**
  - 19 Piggly Wiggly Wrap
  - 28 with Maple Syrup
  - 14 Applesauce Cup

- **Lunch**
  - 30 Cheese Pizza
  - 2 Fresh Grape Tomatoes
  - 16 Golden Corn
  - 14 Chilled Diced Peaches

- **Dinner**
  - 46 Sandwich Box: Smoked Turkey & Mozzarella Sandwich
  - Fresh Grape Tomatoes
  - Fresh Broccoli Trees
  - Chilled Diced Peaches

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 5**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Wednesday January 22**
- **Breakfast**
  - 45 Cinnamon Muffin Square
  - 20 Iced Mixed Fruit Cup

- **Lunch**
  - 25 Tangerine Chicken
  - 21 with Steamed Brown Rice
  - 2 Cool as a Cucumber Coins
  - 23 Fresh Broccoli

- **Dinner**
  - 52 Sandwich Box: Country Boy Sandwich
  - X-Ray Vision Carrots
  - Cool as a Cucumber Coins
  - Fresh Broccoli

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 6**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Thursday January 23**
- **Breakfast**
  - 25 A+ Biscuit
  - 23 Fresh Banana

- **Lunch**
  - 16 Chicken Nuggets
  - 1 Fresh Salad Mix
  - 15 Whipped Potatoes with 5 Gravy
  - 10 Frozen Broccoli

- **Dinner**
  - 57 Sandwich Box: Turkey Deli Sandwich
  - Fresh Salad Mix
  - X-Ray Vision Carrots
  - Fresh Broccoli
  - Strawberry Cup

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 7**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Friday January 24**
- **Breakfast**
  - 30 Warm Pancakes
  - 28 with Maple Syrup
  - 21 Iced Strawberry Cup

- **Lunch**
  - 31 Mini Corn Dogs
  - 14 Baked Tater Tots
  - 2 Fresh Broccoli Trees
  - 14 Chilled Diced Pears

- **Dinner**
  - 59 Sandwich Box: Classic Sandwich
  - Fresh Grape Tomatoes
  - Fresh Broccoli Trees
  - Chilled Diced Pears

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 8**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Saturday January 25**
- **NO SCHOOL**

**Monday January 27**
- **Breakfast**
  - 28 Cinnamon Glazed French Toast
  - 14 Applesauce Cup

- **Lunch**
  - 22 Turkey Sausage Pizzazz Pizza
  - 19 Frozen Peach Cup

- **Dinner**
  - 23 General Tso Chicken
  - 21 with Steamed Brown Rice
  - 19 Pretty Peas
  - 2 Fresh Broccoli Trees
  - 13 Apple Wedges

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 9**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Tuesday January 28**
- **Breakfast**
  - 28 Orange Crumb Muffin Top
  - 20 Vanilla Bean Grains
  - 14 Applesauce Cup

- **Lunch**
  - 38 Pork Tenderloin on a Bun
  - 4X Ray Vision Carrots
  - 2 Cool as a Cucumber Coins
  - 14 Chilled Diced Pears

- **Dinner**
  - 62 Sandwich Box: Pomegranate & White American Sandwich
  - X-Ray Vision Carrots
  - Cool as a Cucumber Coins
  - Chilled Diced Pears

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 10**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Wednesday January 29**
- **Breakfast**
  - 61 Glazed Cinnamon Roll
  - Iced Strawberry Cup

- **Lunch**
  - 5 Creamed Turkey with a Mini Corn Muffin
  - 29 X-Ray Vision Carrots
  - 6 Go Green! Fresh Spinach Salad
  - 37 Homemade Baked Beans
  - 30 Fried Strawberries

- **Dinner**
  - 69 Sandwich Box: Mac & Cheese Sandwich
  - X-Ray Vision Carrots
  - Go Green! Fresh Spinach Salad
  - Fried Strawberries

- **ExtrA!**
  - 75 Roasted Red Pepper Hummus Box

- **Cycle 11**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

**Thursday January 30**
- **Breakfast**
  - 60 Cheesy Dog on a Bun
  - 24 X-Ray Vision Carrots
  - 9 Go Green! Fresh Spinach Salad
  - 37 Homemade Baked Beans
  - 30 Fried Strawberries

- **Lunch**
  - 72 Sandwich Box: Baja Chicken Sandwich
  - Fresh Broccoli Trees
  - Tortilla Chips
  - Warm Pancakes

- **Dinner**
  - 64 Roasted Red Pepper Hummus Box

- **Cycle 12**
  - **Serving Size 1 Lunch per Day**

- **Serving Size 1 Meal**

  - **Calories**
  - **Fat Calories**
  - **Total Carbohydrate**
  - **Cholesterol**
  - **Saturated Fat Calories**
  - **Iron**
  - **Vitamin A**
  - **Vitamin C**
  - **Calcium**

Visit our website for nutrition information, free/reduced applications and more about our programs at http://district.ops.org. Medical statements can be found on our website for students requiring special meals. For more information about our menus and meal choices, contact the School Food Service office at 513-289-9859. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to us, we accept on-line payments at www.schoolcafe.com.

**Nutrition Facts**

- Serving Size 1 Lunch per Day
- Serving Size 1 Meal

**Lunch Prices**

- Full Paid Reduced
  - Elem. $1.45 - .40
  - Sec. $1.75 - .40
  - Adult $3.75
  - Milk $ .35

**EXTRA!**

- Contains pork
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatless item
- Fish product
- Spicy
- New item
- Whole-grain

**Week of Jan 20-24, 2020**

**Week of Jan 27-31, 2020**

- Complimentary Breakfast is available for ALL Enrolled Students in All Schools!**