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:

 güc 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**

<table>
<thead>
<tr>
<th>Cycle 5</th>
<th>Cycle 6</th>
<th>Cycle 7</th>
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<tbody>
<tr>
<td><strong>January 21</strong></td>
<td><strong>January 22</strong></td>
<td><strong>January 23</strong></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Piggly Wiggly Wrap with Maple Syrup, Applesauce Cup</td>
<td>Cinnamon Muffin Square, Iced Mixed Fruit Cup</td>
<td>A+ Biscuit, Fresh Banana</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Cheese Pizza, Fresh Grape Tomatoes, Golden Corn, Chilled Diced Peaches</td>
<td>Tangerine Chicken, with Steamed Brown Rice, Cool as a Cucumber Coins, Steamed Carrots, Fresh Banana</td>
<td>Chicken Nuggets, Fresh Salad Mix, Whipped Potatoes with Gravy, Frozen Strawberries</td>
</tr>
<tr>
<td><strong>Sandwich Box:</strong> Smoked Turkey &amp; Mozzarella Sandwich, Fresh Grapes, Fresh Broccoli Trees, Chilled Diced Peaches</td>
<td><strong>Sandwich Box:</strong> Country Boy Sandwich, X-Ray Vision Carrots, Cool as a Cucumber Coins, Fresh Banana</td>
<td><strong>Sandwich Box:</strong> Turkey Deli Sandwich, X-Ray Vision Carrots, Iced Strawberry Cup</td>
</tr>
<tr>
<td>Chef Salad: Turkey Deli, Mozzarella, Lettuce &amp; Spinach Mix, Breadsticks, Croissants</td>
<td>Chef Salad: Turkey Deli, Mozzarella, Lettuce &amp; Spinach Mix, Breadsticks, Croissants</td>
<td>Chef Salad: Turkey Deli, Mozzarella, Lettuce &amp; Spinach Mix, Breadsticks, Croissants</td>
</tr>
<tr>
<td>Roasted Red Pepper Hummus Box V</td>
<td>Roasted Red Pepper Hummus Box V</td>
<td>Roasted Red Pepper Hummus Box V</td>
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</tbody>
</table>

### Tuesday January 21

**Breakfast**

- Piggly Wiggly Wrap with Maple Syrup, Applesauce Cup

**Lunch**

- Cheese Pizza, Fresh Grape Tomatoes, Golden Corn, Chilled Diced Peaches

**Sandwich Box:**
- Smoked Turkey & Mozzarella Sandwich
- Fresh Grapes, Fresh Broccoli Trees, Chilled Diced Peaches
- Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadsticks, Croissants
- Roasted Red Pepper Hummus Box V

### Wednesday January 22

**Breakfast**

- Cinnamon Muffin Square, Iced Mixed Fruit Cup

**Lunch**

- Tangerine Chicken, with Steamed Brown Rice, Cool as a Cucumber Coins, Steamed Carrots, Fresh Banana

**Sandwich Box:**
- Country Boy Sandwich, X-Ray Vision Carrots, Cool as a Cucumber Coins, Fresh Banana
- Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadsticks, Croissants
- Roasted Red Pepper Hummus Box V

### Thursday January 23

**Breakfast**

- A+ Biscuit, Fresh Banana

**Lunch**

- Chicken Nuggets, Fresh Salad Mix, Whipped Potatoes with Gravy, Frozen Strawberries

**Sandwich Box:**
- Turkey Deli Sandwich, X-Ray Vision Carrots, Iced Strawberry Cup
- Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadsticks, Croissants
- Roasted Red Pepper Hummus Box V

### Friday January 24

**Breakfast**

- Warm Pancakes with Maple Syrup, Iced Strawberry Cup

**Lunch**

- Mini Corn Dogs, Baked Tater Tots, Fresh Broccoli Trees, Chilled Diced Peas

**Sandwich Box:**
- Classic Sandwich, Fresh Grapes, Fresh Broccoli Trees, Chilled Diced Peas
- Chef Salad: Smoked Turkey, White American, Lettuce & Spinach Mix, Tomato Chips
- Roasted Red Pepper Hummus Box V

### Week of Jan 20-24, 2020

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Lunch per Day</th>
<th>Serving Size 1 Meal</th>
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<th>Cycle 2</th>
<th>Cycle 3</th>
<th>Cycle 4</th>
<th>Cycle 5</th>
<th>Cycle 6</th>
<th>Cycle 7</th>
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<td>Protein</td>
<td>Calcium</td>
<td>Iron</td>
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<td>994 mg</td>
<td>6 mg</td>
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This information is available in alternate formats for the visually impaired. Please call 513-299-0230 for further information.

### Week of Jan 27-31, 2020

**Nutrition Facts**

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<th>Serving Size 1 Meal</th>
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Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

### Extra!

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

Yogurt, Cheese Sandwich, Sandwich, Roasted Red Pepper Hummus, Sandwhich B-Zulu, Peanut Butter & Jelly, and Peanut Butter Sandwich offered as an alternate entree option.