

# JANUARY 2019

## Our Lady of Fatima Elementary

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

Christmas Holiday

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 Mandarin Orange Chicken  
 Mixed Vegetables  
 Corn / Diced Pears / Roll  
 Milk

 Chicken Quesadillas  
 Broccoli  
 Corn  
 Rosey Applesauce  
 Milk

 Martin Luther King Holiday  
 No School

 Nacho Bites  
 Broccoli  
 Corn  
 Rosey Applesauce  
 Milk

 Hot Dogs  
 Baked Beans  
 Fries  
 Pineapple Tidbits  
 Milk

 Corn Dogs  
 Fries  
 Baked Beans  
 Sliced Peaches  
 Milk

 Ham & Cheese on Bun  
 Fries  
 Baked Beans  
 Applesauce  
 Milk

 Hamburgers  
 Fries  
 Baked Beans  
 Mandarin Fruit Cup  
 Milk

 Chef Salad  
 Taco Ole' with Chips  
 Broccoli  
 Glazed Carrots  
 Sliced Peaches  
 Milk

 Chef Salad  
 Meatball Marinara on a Hoagie  
 Glazed Carrots  
 Green Beans  
 Mandarin Fruit Cup  
 Milk

 Chef Salad  
 Cheese Omelet  
 Tater Tops  
 Banana  
 Biscuit  
 Vegetable Juice / Milk

 Chef Salad  
 Red Beans & Sausage over Rice  
 Glazed Carrots  
 Yellow Squash  
 Sliced Peaches  
 Milk

 Chef Salad  
 Chicken Tenders  
 Green Beans  
 Sweet Potato Fries  
 Fresh Orange / Roll  
 Milk

 Chef Salad  
 Chick Nuggets  
 Mashed Potatoes  
 Green Peas / Fresh Orange  
 Whole Wheat Roll  
 Milk

 Chef Salad  
 Chicken Tenders  
 Green Beans  
 Sweet Potato Fries  
 Fresh Orange / Roll  
 Milk

 Chef Salad  
 Chicken Nuggets  
 Mashed Potatoes  
 Green Beans  
 Fresh Orange / Roll  
 Milk

 Chef Salad  
 Grilled Cheese  
 Fries  
 Apples  
 Vegetable Juice  
 Milk

 Chef Salad  
 Pizza  
 Fries  
 Carrot Sticks with Dip  
 Apples  
 Milk

 Chef Salad  
 Grilled Cheese Sandwich  
 Fries  
 Apples  
 Vegetable Juice  
 Milk

**Tips for Parents:** When trying to get your child to try new foods, remember that timing is everything. Avoid trying new food on days that your son or daughter is tired or sick. Add the new food to the plate, encourage your son or daughter to try it, but do not force it. Remember it may take 15 attempts before the food is accepted. *Julie Fortenberry, RDN Wellness and Lifestyle Nutritionist*