

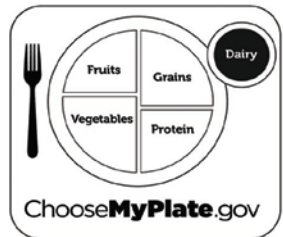


Did you know that TUSD offers ALL the elements of a healthy diet to keep your kids strong & healthy?

Look for these symbols next to your favorite menu items to find out all of the healthy options offered on the January menu!

- = Whole Grain
- = Low Fat
- = Smart Snack Dessert
- = Meatless
- = Contains Pork

For more information, please check out the back side of the menu!



Students must select three of the five food groups. One choice must be fruits or vegetables.

This institution is an equal opportunity provider.

# January 2018

Prepay online at [family.titank12.com](http://family.titank12.com)

Daily Milk & Juice Choices

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2	<b>Winter Break</b> Dec. 26 - Jan. 5	3	<b>Happy Holidays</b>		4		
8	<b>Beef Ravioli</b> Garlic Breadstick Fresh Apple Slices <i>Fresh Fruit &amp; Veggie Station</i>	9	<b>Taco Tuesday</b> <b>Crunchy Turkey Tacos</b> with Salsa, Lettuce and Cheese Refried Beans <i>Fresh Fruit &amp; Veggie Station</i>	10	<b>Mini Corn Dogs</b> BBQ Baked Beans <i>Fresh Fruit &amp; Veggie Station</i>	11	<b>Tyson Crispy Chicken Tenders</b> Emoji Fries Roll <i>Fresh Fruit &amp; Veggie Station</i>	12	<b>Domino's Smart Slice Cheese Pizza</b> Sidekicks 100% Frozen Juice
15	<b>Martin Luther King Jr Day</b> 	16	<b>Chicken Smackers</b> Mashed Potatoes Biscuit <i>Fresh Fruit &amp; Veggie Station</i>	17	<b>Brunch for Lunch</b> <b>Cinnamon French Toast</b> Lean Beef Sausage Applesauce <i>Fresh Fruit &amp; Veggie Station</i>	18	<b>Cheeseburger or Hamburger</b> Oven Baked Seasoned Fries <i>Fresh Fruit &amp; Veggie Station</i>	19	<b>Papa John's Cheese Pizza (School Approved)</b> Sliced Pears <i>Fresh Fruit &amp; Veggie Station</i>
22	<b>Meatless Monday</b> <b>Cheese Lasagna</b> Garlic Breadstick Fruit Sorbet <i>Fresh Fruit &amp; Veggie Station</i>	23	<b>Taco Tuesday</b> <b>Soft Chicken Tacos</b> with Salsa, Lettuce and Cheese Pinto Beans <i>Fresh Fruit &amp; Veggie Station</i>	24	<b>Beef Teriyaki Dippers</b> Brown Rice Applesauce Fortune Cookie <i>Fresh Fruit &amp; Veggie Station</i>	25	<b>Roasted Turkey Sandwich</b> Baked Chips Mixed Fruit <i>Fresh Fruit &amp; Veggie Station</i>	26	<b>Domino's Smart Slice Cheese Pizza</b> Applesauce <i>Fresh Fruit &amp; Veggie Station</i>
29	<b>Meatless Monday</b> <b>Italian Cheesy Garlic Bread</b> with Marinara Sauce Fresh Apple Slices <i>Fresh Fruit &amp; Veggie Station</i>	30	<b>Tyson Oven Baked Chicken Nuggets</b> Emoji Fries Roll <i>Fresh Fruit &amp; Veggie Station</i>	31	<b>Dodger Dog</b> BBQ Baked Beans <i>Fresh Fruit &amp; Veggie Station</i>	<b>Alternative Menu Choices:</b>		<b>Lunch Pricing:</b>	
						1. PB&J Sandwich 2. Cup of Yogurt 3. Grilled Cheese 4. Entrée Salad (Mon-Thur)		Paid \$3.00 Reduced \$0.40 Milk \$0.50	

\*\*Menu Subject to Change

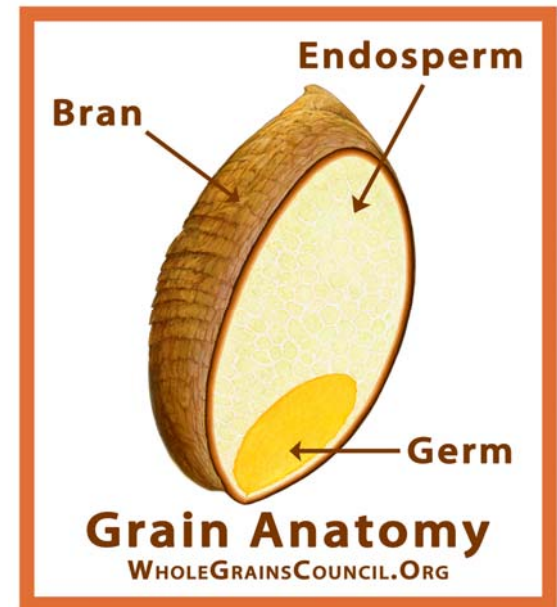
# Add Whole Grains To Your New Year's Resolution!

## What are Whole Grains and Why Should We Eat Them?

- Whole **grains** are the **seeds** of certain plants including **wheat, rice, and corn**.
- It's important that we eat whole grains because they are a **good source of vitamins, minerals, and fiber**. Vitamins and minerals help our bodies stay healthy and strong. Fiber regulates our digestion, and also keeps us feeling full and satisfied.

## Why Should We Replace White Rice with Brown Rice?

- In order to make white rice, the inner and outer layer of the rice kernel (known as the bran and germ) are removed, leaving behind a white starchy layer called the endosperm. What is the problem with this? **The bran and germ are where the nutrients and fiber are stored!**
- This is also true for wheat products like white breads and pastas. Foods like white rice and white bread are not considered whole grain because they are missing two very important layers.
- In order to get the nutrients and fiber you need, aim to eat more whole grain foods.



## Try this poppin' whole grain snack: **DIY Popcorn Trail Mix!**

Combine unsalted, unbuttered popped popcorn with any of the following toppings:

- Dried fruit
- Whole grain cereal
- Unsalted pretzels
- Unsalted nuts



This easy-to-make mix is high in fiber, vitamins, and minerals, and is low in sodium. Enjoy as your next afterschool snack, or on **National Popcorn Day, January 19!**

## Examples of Whole Grains & Foods Made with Whole Grains:

- Brown Rice
- Whole wheat products like bread and pasta
- Oats
- Corn
- Popcorn
- Quinoa
- Buckwheat