Move Your Way Logo and Fitness Photos


# [Insert Public School Unit] Breakfast Menus for January 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | January 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| January 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Exercise = Energize!

Exercise is more than good for you. It can rev up your energy levels and improve your mood. It can also help you focus, sleep better, look good, and stay at a healthy weight. Get ready to energize!

**Think 3 – three ways to exercise:**

1. **Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
2. **Strengthen your muscles**. Besides giving you more power, strengthening protects you from injuries. It also helps you burn more calories. Weightlifting isn’t the only way to get strong. In fact, leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
3. **Keep your body flexible**. Flexibility keeps muscles and joints from getting stiff. It can also help improve performance and protect your body from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.

**Play 60** – According to the Physical Activity Guidelines for Americans, <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>, youth should be active at least 60 minutes each day. Choose fun ways to move more, be active, and exercise that you enjoy and can make part of your routine.

**Nutrilink:** Check out the Play 60 app from the American Heart Association and the NFL to track activity, earn points, and win prizes for you or your school, <https://www.nfl.com/causes/play60>.

Move Your Way Logo and Fitness Photos


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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | January 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | January 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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