

# [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 |

## Families Making the Connection

### Move Your Way – Be Active Every Day!

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. 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 and bones**. Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don’t have to lift weights. 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, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.



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

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