

# [Insert Public School Unit] Breakfast Menus for January 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| January 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 6 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 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 13 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 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 20 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 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | January 27 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

### Vary Your Protein with Pulses

Legumes are plants with seed pods that split along with side when they are ripe. Pulses are the nutritionally-dense, edible seeds that grow inside the seed pods of legumes, including dry beans, peas, lentils and chickpeas. Pulses are warm weather crops that are usually planted in the spring or early summer. Pulses are harvested in the fall when their moisture content is low enough that they can be dried and stored.

Did you know that pulses can count as a vegetable or a protein depending on your eating pattern? As a vegetable sub-group, pulses, usually called dry beans and peas in the United States, include kidney beans, pinto beans, black

beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas and mung beans. Green peas, green (string) beans and green lima beans are not part of this sub-group, because their nutrient content is more similar to other vegetables.

Pulses are nutrient-rich. A ½ cup serving has 100-170 calories depending on variety. Pulses offer protein, iron, potassium, magnesium, folate, and fiber. They are cholesterol free and low in fat and sodium. Learn more about pulses at <https://bit.ly/3c30kws>. Enjoy pulses, or beans and peas, today!

National School Lunch Week 2022 "Peace, Love, and School Lunch" Banner


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