

# [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 |  |  |  |

## Nutrition Byte

### Power Your Day with Pulses!

What are pulses? Legumes are plants with seed pods that split along the side they are ripe. Pulses are the nutritionally dense, edible seeds that grow inside the seed pods of legumes.

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 beans, green lima beans, and green (string) beans are not part of this sub-group because their nutrient content is more like other vegetables.

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



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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
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