

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY NEW YEAR!

10

217 Teriyaki Chicken with Brown Rice
623 Broccoli
620 Salsa
686 Rosati Water Ice
941 Tostitos Scoops

11

289 Pancakes with Sausage
634 Hash Browns
632 Wango Mango Vegetable Juice
659 Watermelon Craisins
928 Goldfish Pretzels

12

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
630 Dragon Punch Vegetable Juice
608 Dole Tropical Fruit Cup

13

270 Chicken Tenders with Macaroni & Cheese
706 Romaine Salad with Cherry Tomatoes
749 Apple Cherry Juice
990 Chocolate Chip Cookie

14

201 Cheeseburger
603 Maple Baked Beans
611 Bagged Baby Carrots
658 Cherry Craisins
915 Hamburger Bun

17

294 Meatballs with Sauce
623 Broccoli
608 Dole Tropical Fruit Cup
906 Hot Dog Bun

18

221 Two Cheese, Chicken Quesadilla
639 Corn
633 Sunset Sip Vegetable Juice
659 Watermelon Craisins

19

253 Hot Dog with French Fries
603 Maple Baked Beans
645 Dole Pineapple Cup
906 Hot Dog Bun

20

205 Popcorn Chicken
611 Bagged Baby Carrots
630 Dragon Punch Vegetable Juice
752 Fruit Punch Juice
990 Chocolate Chip Cookie

21

271 Spaghetti & Meatballs
684 Mixed Berry Applesauce
909 Dinner Roll

24

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
697 Bagged Apple Slices

25

234 Chicken Tenders with Potato Wedges
623 Broccoli
690 Apple Crisps
932 Cinnamon Scooby Snacks

26

201 Cheeseburger
634 Hash Brown
630 Dragon Punch Vegetable Juice
647 Dole Mandarin Orange Cup
915 Hamburger Bun

27

263 5" Round Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice
990 Chocolate Chip Cookie

28

251 Chicken Nuggets
611 Bagged Baby Carrots
541 Chocolate Hummus
686 Rosati Water Ice



JANUARY 2021

Dear Parents, Caregivers, and Students,
Welcome to the New Year! During the month of January, many New Year's resolutions are made. Below you will find some health focused ideas for your resolution. We wish a year of health and happiness to you and your family.

NDS

Wellness Goals for the New Year!

Have you ever made a New Year's resolution? Have you ever made your resolution about your health? Below are some ideas for health related resolutions to try out in 2019!

- 1. Staying Hydrated:** Water hydrates our bodies and it carries nutrients to our cells. Making sure our bodies are fully hydrated all year round is a great resolution!
- 2. Trying New Fruits and Vegetables:** Fruits and veggies are a great source of vitamins and minerals. Eating a variety and trying fruits and vegetables ensures that kids get all the nutrients they need!
- 3. Sleeping Well:** School-aged children need between 9 and 11 hours of sleep. Sleep is as important as nutrition and exercise. Sleeping well is another healthful New Year's

PRAYER CORNER

"Thank you for this food,
And all good gifts of yours.
Thank you for nourishing my body
with food, And nourishing my heart
with your love.
Amen"



Looking to become involved this year?

Consider serving on the NDS
WELLNESS COMMITTEE!

NDS is looking for individuals who are interested in helping to create a healthy school environment by assisting in providing input in our wellness policy.

Please contact Jean Falk for more information at jfalk@ndsarch.org

National Milk Day

January 11, 2022

National Milk Day is to observe the very first time milk was delivered to homes inside sterilized glass bottles.

Milk is offered daily at breakfast and lunch!

Milk contains nine essential nutrients and is considered staple food. Milk provides:

- **PROTEIN**—for growth and development
- **CALCIUM**—strengthens bones and teeth
- **POTASSIUM**— regulates blood pressure and heart health

Winter Word Scramble

1. owns _____
2. otsoB _____
3. tenitms _____
4. elds _____
5. lvoheS _____
6. tho ccoo _____

1. snow 2. boots 3. mittens 4. sled 5. shovel 6. hot coco