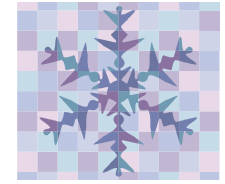



January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Healthy Living Tips: Wash, Brush, Comb! Children and germs go hand in hand. Each day parents</i></p>	<p>1. CLOSED</p> 	<p>2. Macaroni & Cheese Peas Orange Slices Milk</p>	<p>3. Cheese Quesadillas w/ Salsa Mixed Vegetables Cantaloupe Milk</p>	<p>4. Turkey Hot Dogs Baked Beans Bananas Milk</p>	<p>5. Ham on Whole Wheat Green Beans Apple Slices Milk</p>	<p><i>of a healthy lifestyle in the future. Here are some ideas on how to make teaching Hygiene fun.</i></p>
<p><i>watch their children play in the sand at the park, stick fingers in their noses and mouths, pick up slimy</i></p>	<p>8. Pasta w/ Marinara Sauce Peas & Carrots Peaches Milk</p>	<p>9. Grilled Cheese on Whole Wheat Cucumbers Honeydew Milk</p>	<p>10. Ground Turkey Tacos Peas Applesauce Milk</p>	<p>11. Turkey on Whole Wheat Sweet Potato Fries Bananas Milk</p>	<p>12. Pasta w/ Alfredo Sauce Broccoli Pears Milk</p>	<p><i>1. Pretend to be a "germ detective" and use a magnifying glass to examine your child's hands and</i></p>
<p><i>creatures, and reach for food that's fallen on the ground. Get- ting preschoolers to take over the brushing</i></p>	<p>15. Chicken Nuggets Green Beans Orange Slices Milk</p>	<p>16. Pasta Salad w/ Turkey, Peas & Carrots Pineapple Milk</p>	<p>17. Pizza Tortillas Cucumber Bananas Milk</p>	<p>18. Fish Sticks Mixed Vegetables Cantaloupe Milk</p>	<p>19. Turkey on Whole Wheat Sweet Potato Fries Applesauce Milk</p>	<p><i>teeth. Give him a "secret mission" to wash his hands or brush his teeth. 2. Let your child pick</i></p>
<p><i>scrubbing, and rins- ing themselves is an important step in the development of a pre- schooler's independ- ence.</i></p>	<p>22. American Chop Suey Peas Pears Milk</p>	<p>23. Cheese Quesadillas w/ Salsa Broccoli Applesauce Milk</p>	<p>24. Cinnamon Pancakes Cucumber Apple Slices Milk</p>	<p>25. Grilled Cheese On Whole Wheat Green Beans Orange Slices Milk</p>	<p>26. Macaroni & Cheese Peas & Carrots Honeydew Milk</p>	<p><i>out a special soap and toothpaste at the store that he'll use to wash his hands and body and to brush his teeth .</i></p>
<p><i>Teaching basic hygiene concepts to children at a young age will form the groundwork</i></p>	<p>29. Ham on Whole Wheat Sweet Potato Fries Pineapple Milk</p>	<p>30. Pasta w/ Turkey Meatballs Peas Peaches Milk</p>	<p>31. Chicken Nuggets Broccoli Applesauce Milk</p>			<p><i>For more information visit: www.education.com</i></p>
Breakfast: Cheerios, Fruit, Toast with Sunbutter and Jelly, Milk						
Snacks: Goldfish, Veggie Sticks, Craisins, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Graham Crackers Gerber Fruit Puffs, Fresh Fruit, Yogurt						
We serve Whole Milk that is All Natural & Free of Growth Hormones.						