

# HAPPY★NEW★YEAR

## MENUS FOR JANUARY 2021

**Steger School District 194**

Menus are subject to change.

# Horde Immunity.

Has the altered school schedule left you scrambling to feed the ravenous horde of always-hungry kids and teens who are suddenly home all the time? Good news – *we can help you feed your hungry horde!* Through June 30 all of our meals are **FREE** to all students and – get this -- available for convenient curbside pickup! Featuring delicious ready-to-eat food and heat-at-home meals, plus tons of fresh fruit, veggies, milk, and much more! When you take advantage of this free resource, you not only give your family “Horde Immunity,” but you also help our child nutrition program stay viable through this difficult time. See the details below and please join us Curbside!

**School Meals**  
*We serve education every day™*

## CURBSIDE CHOW

**Always delicious. Always FREE for all students.  
Always prepared for your family with love.**

**WHAT** A nutritious variety of ready-to-eat and heat-at-home meals, plus fresh fruit, veggies, milk, and lots more

**WHEN** Monday s 7:00 AM until 9:00 AM

**WHERE** Columbia Central Door #9

**?????** Got questions? Call 708-753-4715, Rdiehl@sd194.org or visit [WWW.SD194.ORG](http://WWW.SD194.ORG)

**Monday, January 4**

**Breakfast**  
Cereal Kit

**Lunch**

Jammer  
Fruit Cup  
Broccoli  
Milk

**Tuesday, January 5**

**Breakfast**  
Cereal Kit

**Lunch**

Turkey Sandwich  
Fruit Cup  
Carrots  
Milk

**Wednesday, January 6**

**Breakfast**  
Cereal Kit

**Lunch**

Grilled Cheese  
Fruit Cup  
Cauliflower  
Milk

**Thursday, January 7**

**Breakfast**  
Cereal Kit

**Lunch**

Chicken Nuggets  
Fruit Cup  
Black Beans  
Milk

**Friday, January 8**

**Breakfast**  
Cereal Kit

**Lunch**

Calzone  
Fruit Cup  
Corn  
Milk

**Monday, January 11**

**Breakfast**  
Cereal Kit

**Lunch**

Spaghetti W/ Meat Sauce  
Fruit Cup  
Broccoli  
Milk

**Tuesday, January 12**

**Breakfast**  
Cereal Kit

**Lunch**

Ham and Cheese Sandwich  
Fruit Cup  
Carrots  
Milk

**Wednesday, January 13**

**Breakfast**  
Cereal Kit

**Lunch**

Spicy Chicken Patty  
Fruit Cup  
Celery  
Milk

**Thursday, January 14**

**Breakfast**  
Cereal Kit

**Lunch**

Jammer  
Fruit Cup  
Red Beans  
Milk

**Friday, January 15**

**Breakfast**  
Cereal Kit

**Lunch**

Bosco Sticks  
Fruit Cup  
Peas  
Milk



We're pretty happy to put 2020 where it belongs – in the rearview mirror. And for the sake of everyone's mental and physical well-being, let's hope 2021 is a year worth looking forward to!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**





THE TIME IS ALWAYS  
RIGHT TO DO WHAT  
IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 18  
**MLK Day**  
No School Today

Tuesday, January 19

**Breakfast**  
Cereal Kit

**Lunch**

Turkey and Cheese Sandwich  
Fruit Cup  
Carrots  
Milk

Wednesday, January 20

**Breakfast**  
Cereal Kit

**Lunch**

Cheeseburger  
Fruit Cup  
Cauliflower  
Milk

Thursday, January 21

**Breakfast**  
Cereal Kit

**Lunch**

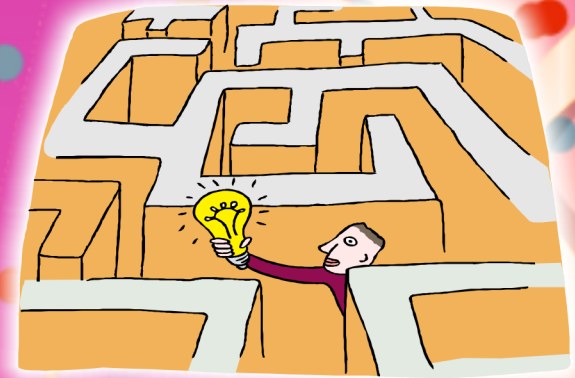
Taco  
Fruit Cup  
Black Beans  
Milk

Friday, January 22

**Breakfast**  
Cereal Kit

**Lunch**

Pizza Cruncher  
Fruit Cup  
Corn  
Milk



When you follow your inspiration,  
you almost always find your way.  
Good luck the rest of the year!

Monday, January 25

**Breakfast**  
Cereal Kit

**Lunch**

Alfredo Pasta  
Fruit Cup  
Broccoli  
Milk

Tuesday, January 26

**Breakfast**  
Cereal Kit

**Lunch**

Meatballs and Breadstick  
Fruit Cup  
Carrots  
Milk

Wednesday, January 27

**Breakfast**  
Cereal Kit

**Lunch**

Hotdog  
Fruit Cup  
Celery  
Milk

Thursday, January 28

**Breakfast**  
Cereal Kit

**Lunch**

Calzone  
Fruit Cup  
Red Beans  
Milk

Friday, January 29

**Breakfast**  
Cereal Kit

**Lunch**

Chicken Nuggets  
Fruit Cup  
Peas  
Milk



What's on  
**YOUR**  
plate?



## this month: guacamole

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take guacamole, for instance. You see it a lot this time of year at Super Bowl parties.

Guacamole is a nutritious and INCREDIBLY tasty dip made from avocados and some combination of garlic, jalapeños, cilantro, lime juice, salt, and maybe a little tomato or onion and other good stuff. But it looks kind of green and lumpy and a little gross. So you may not like guacamole now. But when your taste buds grow up, you'll probably love it!



Q:

Can you name the "super food" that gave Popeye his strength and was also the first vegetable sold frozen?



A:

It's SPINACH, of course! Spinach contains an incredible amount of protein for a veggie. Plus, it's off the charts for vitamins A and K, it's a good source of fiber, and it's loaded with disease-fighting "carotenoids." No wonder it made Popeye so strong!