

Columbia Central Menus for January 2019



Menus are subject to change.



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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

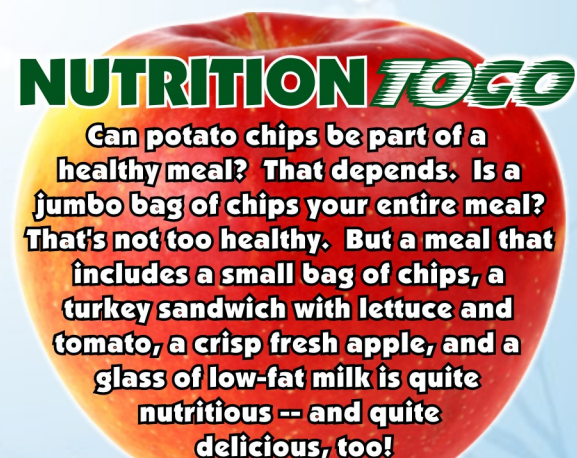


Pro Football
playoffs start
Sunday, Jan. 6.
What team will
wear the crown
on Super Bowl
Sunday?

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

Lunch **\$2.25**



A QUICK BITE FOR PARENTS



Monday, January 7

Breakfast
Cereal Bowl

Lunch
Chicken Patty
OR
Hotdog

Hashbrown
Fruit
Milk

Tuesday, January 8

Breakfast
Waffles

Lunch
Chicken Enchilada
OR
Beef and Cheese Taco

Black Beans
Fruit
Milk

Wednesday, January 9

Breakfast
Breakfast Pizza

Lunch
Bosco Sticks
OR
Ham Wrap

Spinach Salad
Fruit
Milk

Thursday, January 10

Breakfast
Breakfast Burrito

Lunch
Beef Macaroni
OR
Hamburger

Cabbage
Fruit
Milk

Friday, January 11

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Carrots
Fruit
Milk

Monday, January 14

Breakfast
Cereal Bowl

Lunch
Chicken Nuggets
OR
Meatball Sub

Green Beans
Fruit
Milk

Tuesday, January 15

Breakfast
Pancakes

Lunch

NO

LUNCH

SERVED

Wednesday, January 16

Breakfast
Breakfast Pizza

Lunch
Salisbury Steak
OR
Turkey Bagel Sandwich

Mashed Potatoes
Fruit
Milk

Thursday, January 17

Breakfast
French Toast

Lunch
Chicken Potato Bowl
OR
Boneless BBQ Wings

Side Salad
Fruit
Milk

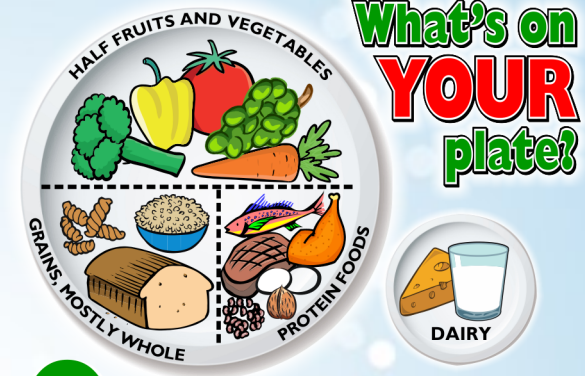
Friday, January 18

Breakfast
Cereal Bowl

Lunch

Pizza Day

Butternut Squash
Fruit
Milk

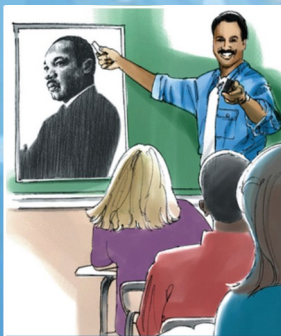


Q • How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

Breakfast
Cereal Bowl

Lunch
Chicken Patty on a Bun
OR
Bosco Sticks

Sweet Potato Fries
Fruit
Milk

Wednesday, January 23

Breakfast
Breakfast Pizza

Lunch
Cowboy Cavatini
OR
Chicken Ranch Wrap

Broccoli
Fruit
Milk

Thursday, January 24

Breakfast
Cinnamon Rolls

Lunch
Deluxe Cheeseburger
OR
Turkey and Gravy

Baked Beans
Fruit
Milk

Friday, January 25

Breakfast
Cereal Bowl

Lunch

Chef's Choice

Corn
Fruit
Milk

Monday, January 28

Breakfast
Cereal Bowl

Lunch
Chicken Nuggets
OR
Grilled Cheese

Carrots
Fruit
Milk

Tuesday, January 29

Breakfast
Waffle

Lunch
Cheesy Bean Twister
OR
Alfredo Pasta

Italian Green Beans
Fruit
Milk

Wednesday, January 30

Breakfast
Breakfast Pizza

Lunch

Build a Sub

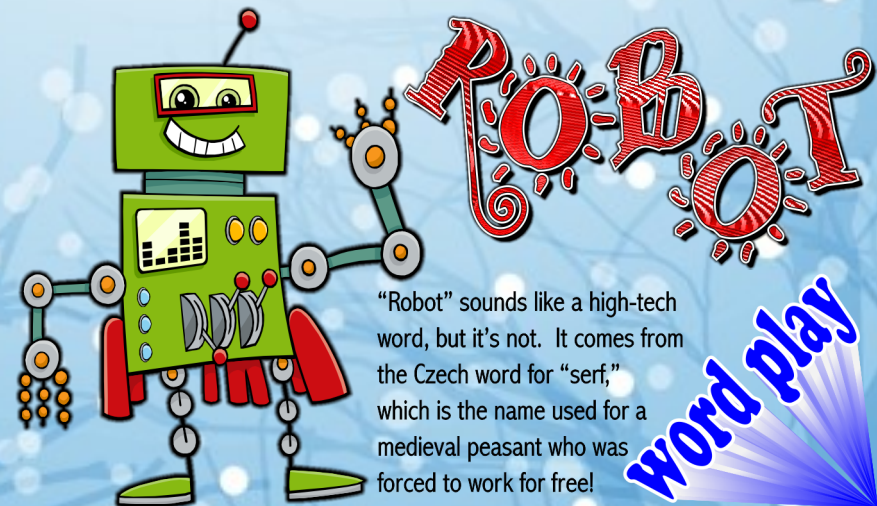
Side Salad
Fruit
Milk

Thursday, January 31

Breakfast
Egg and Cheese Sandwich

Lunch
Chicken Drumstick
OR
Walking Taco

Green Peas
Fruit
Milk



"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!