

GANADO
UNIFIED
SCHOOL
DISTRICT #20

*This institution is an
equal opportunity
provider. Menus are
subject to change.*

January 2025

SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

FRUIT

Coconut

In the tropics, coconut has long been prized for its "meat," as well as for the water found inside and the oil made from the fruit.

Coconut is rich in vitamins and minerals, including B-vitamins, iron, potassium, calcium, and healthy fats.

OF THE MONTH

**YOU'RE
GOOD**



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

GANADO SCHOOL DISTRICT NUTRITION SERVICES

Monday, January 6

Breakfast

Blue Corn Mush,
Sausage Patty,
Fruit Cup,
Choice of Milk

Lunch

Green Chili Pozole
WG Flour Tortilla
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, January 7

Breakfast

Cold Cereal,
WG Toast, Jelly,
Fresh Banana,
Choice of Milk

Lunch

Hamburger Gravy
Mashed Potato
Steamed Broccoli
WG Dinner Roll
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, January 8

Breakfast

Toasted English
Muffin, Hash Brown
Casserole, Fruits,
Choice of Milk

Lunch

Sweet/Sour
Chicken Stir Fry
Seasoned Brown Rice
Green Beans
Parsley Carrots
Choice of Milk
HS,MS Alternate Choice

Thursday, January 9

Breakfast

WG Breakfast Pizza,
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

Cheeseburger
On WG Bun
French Fries
Green Leaf, Tomato
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, January 10

Breakfast

WG Pancake
Sausage Patty,
Syrup
Fresh Fruit

Lunch

Meat Lasagna
Garlic Toast
Romaine Salad
Hot Mix Veggies
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



Monday, January 13

Breakfast

Sausage Gravy over
WG Biscuits,
Fresh Fruit
Choice of Milk

Lunch

Turkey Wrap
Gr Leaf/Tomato
Celery Sticks
Steamed Carrots
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, January 14

Breakfast

Blue Corn Mush,
Boiled Egg,
Juice, Fresh Fruit,
Choice of Milk

Lunch

Bean Burrito
Mild Salsa
Spanish Rice
Mexicali Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, January 15

Breakfast

PB Jelly Sandwich
Hot Cereal,
Fresh Fruit
Choice of Milk

Lunch

Pig N Blanket
French Fries
Celery Sticks
(Ketchup, Mustard)
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, January 16

Breakfast

Banana Muffin,
Assorted Yogurt
Fresh Fruit
Choice of Milk

Lunch

WG Pepperoni Pizza
Romaine Salad
Ranch Dressing
Carrot Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

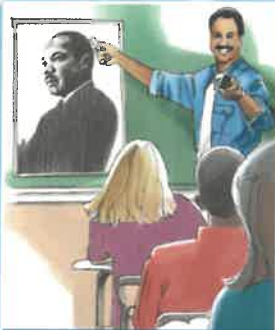
Friday, January 17

Breakfast

Cinnamon French
Toast, Syrup,
Fresh Oranges,
Choice of Milk

Lunch

Chicken Fajitas
Black Beans
Shred Lettuce/Tomato
Salsa
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice



School will be closed Monday, January 20 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 21

Breakfast

WG Pancakes, Syrup,
Sausage Patty,
Banana
Choice of Milk

Lunch

Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa
Fresh Fruits
Choice of Milk
HS,MS Alternate Choice

Wednesday, January 22

Breakfast

Cinn Rolls Or Wg
Toast Scramble Eggs,
Tater Tots, Fresh Fruit
Choice of Milk

Lunch

Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fruit Mix
Choice of Milk
HS,MS Alternate Choice

Thursday, January 23

Breakfast

Banana Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch

Spaghetti Noodles
w/Meat Sauce
Green Beans
WG Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, January 24

Breakfast

Oatmeal,
PBJ Sandwich,
Fresh Fruit
Choice of Milk

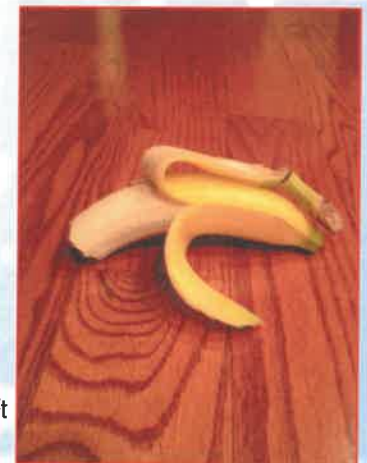
Lunch

Frito Chili Pie
Shred Lettuce/Tomato
Shred Cheese
Cut Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice



Leave it alone.

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



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

Monday, January 27

Breakfast

Egg & Sausage
Sandwich, Fresh Fruit
Assorted Juice,
Choice of Milk

Lunch

Grilled Cheese
Tomato Soup
Celery Sticks
French Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, January 28

Breakfast

Breakfast Burrito,
Salsa, Assorted Juice,
Fresh Banana,
Choice of Milk

Lunch

Chili Mac
WG Dinner Roll
Steamed Carrots
Cucumber Slices
Ranch Dressing
Choice of Milk
HS, MS Alternate Choice

Wednesday, January 29

Breakfast

WG Breakfast Pizza,
Fresh Fruit
Choice of Milk

Lunch

Grilled Chicken
Sandwich on Wg Bun
Coleslaw
Gr Leaf/Tomato Slice
Sweet Potato Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, January 30

Breakfast

WG Biscuit,
Sausage Patty
Fresh Fruit
Choice of Milk

Lunch

Salisbury Steak
Mashed Potato
Steamed Broccoli
Wg Dinner Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, January 31

Breakfast

WG Bagel, Cream
Cheese, Sausage
Patty, Fruit Cup
Choice of Milk

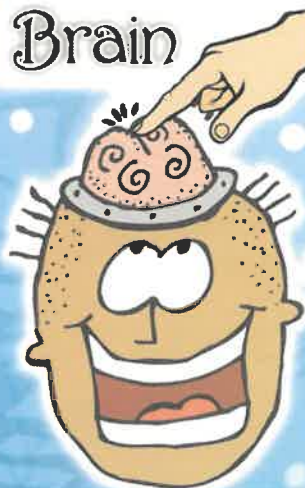
Lunch

Chicken Nachos
Romaine Salad
Ranch Dressing
Celery Sticks
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Available Daily

At Middle & High School

Monday: Pepperoni Pizza
Tuesday: BBQ Pork
Wednesday: Bean Burrito
Thursday: Corndogs
Friday: Deli Sandwich
Menu are Subject to Change



Brain

Ticklers

What do you get when you cross a snowman with a vampire bat?

(Fold the page upside down and read it in a mirror for the answer!)

!sniɹɔɹɔʇ

I am the letter

V



volcano