



Franklin Learning Center

Milk choices: FF Choc, FF Strawberry, 1% white, FF White

 <p style="text-align: center; font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">JANUARY</p>					2 WG Cereal & Crackers Applesauce/100% Juice	3 Breakfast Burrito 100% Juice/ Oranges	4 Breakfast Bread 100% Juice/ Apple Wedges		
					1)Chicken Nuggets 2)Pierogies in Marinara Sauce WG roll w/ both	1) Mashed Potato Bowl w/ WG Roll 2) Burger on WG Roll/ Cheese optional	1) Crunchy Fish Sticks 2) Nachos w/ Meat & cheese WG Roll w/ both Entrees		
					Seasoned carrots Veggie Juice Orange Smiles Mixed fruit	Mashed Potatoes Corn Banana Mandarin Oranges	Tiny trees (broccoli) Black Beans Galaxy Grapes Party Peaches		
					7 WG Cheese Pretzel Applesauce/ 100% Juice	8 Pancake on a Stick 100% Juice/ craisins	9 WG Cereal &Crackers 100% Juice/oranges	10 WG Waffles 100% Juice/ Banana	11 Muffin & Cheese Stick 100Juice/ Apple Wedges
					1) Pizza Crunchers 2) Grilled Chicken Sand	1) Spaghetti w/ Meat Sauce and Breadstick 2)Chicken Patty Sand.	1) Baked Potato Bar WG baked dinner roll 2) Hot Dog Chili & Cheese option With both entrees	1) Burger on WG Roll w/ Cheese Optional 2) Chicken Ranch Wrap w/ WG Bread & Marg.	1) Cheese Pizza 2) Mandarin Chicken Over Rice
					Celery Sticks Oven Baked Fries Apple Wedges Chilled Pears	Cucumber Wheels Summer Corn Orange Smiles Pineapple bites	X-ray vision Carrots Baked Potato Banana /Applesauce	Romaine Salad w/ G. Tomato Picnic Baked Beans Melons M. oranges	Crunchy Cauliflower Oriental Blend Galaxy grapes Party peaches
					14 Mini WG Pancakes Applesauce/ 100 % Juice	15 Breakfast Pizza 100% Juice/ craisins	16 WG Cereal & Crackers 100% Juice/ Oranges	17 Breakfast Burrito 100% Juice/ Banana	18 Breakfast Bread 100% Juice/ Apple wedges
					1) Toasted Cheese Sand 2) Fiestada Pizza	1) Philly Cheesesteak 2) Yummy Mac & Cheese w/dinner roll	1)Chicken & Gravy 2) Beef & Gravy Both Served over Mashed potatoes w/ Fresh baked roll	1)Chicken Nuggets w/ WG roll 2) Hot Ham & Cheese Pretzel Sandwich	1) Crunchy Fish Sticks 2) Nachos w/ Meat & cheese WG Roll w/ both
					Tomato Soup Veggie Juice Apple Wedges Mixed fruit	Cucumber wheels Steamed Broccoli Oranges Pineapple bites	X-ray vision carrots Mashed potatoes Banana / Applesauce	Tossed Salad Shoestring Green beans Mixed melons Mandarin Oranges	Celery sticks Kidney Beans Galaxy Grapes Party Peaches
					21 No School Martin Luther King Day	22 WG Pancake on a stick Applesauce/ 100% Juice	23 WG Cereal & Crackers Oranges/ 100% Juice	24 WG Waffles Banana/ 100% Juice	25 Muffin & Cheese Stick Apple Wedges/ 100 % Juice
					 <p style="text-align: center; font-size: 0.8em;">HAPPY Martin Luther King Day I HAVE A DREAM</p>	Taco Tuesday 1)Chicken in Soft Shell 2)Carnitas (shredded pork) in a Soft shell	1) French Toast w/ sausage and syrup 2) Deli Ham and Cheese Sandwich on WG Roll	1) Chicken Patty on WG Roll 2) Meatball Stroganoff Over Egg noodles Romaine salad G. tomato Power Peas M.Melons /M. Oranges	1) Cheese Pizza 2) Mandarin Chicken over Rice
						Cucumber Wheels Refried Beans Oranges/ Pineapple bites	X-ray vision Carrots Tater Tots Banana Applesauce		Tiny trees (broccoli) Hot Mixed vegetable Galaxy Grapes Party Peaches

28 WG Mini Pancakes Applesauce/ 100 % Juice	29 Breakfast Pizza Craisins/ 100 % Juice	30 WG Cereal & Crackers Oranges / 100% Juice	25 Breakfast Burrito Banana / 100 % Juice	26 Apple Frudel Apple Wedges/ 100 % Juice
1) Football Nuggets 2) Pierogies in Marinara sauce WG Roll w/ both	1) Hot Dog Opt. Cheese Sauce 2) Deli Turkey Sub w/ w/ cheese National corn chip day both w/ bag of Fritos	1)Mashed Potato bowl w/Roll 2) Burger on WG Roll / cheese opt.	1) Cheese Dippers w/ sauce 2) Chef Salad w/ Ham & Cheese ,Croutons & Roll	1) Crunchy Fish Sticks 2) Nachos w/ Meat & cheese Roll w/ both Entrees
Veggie Juice Happy fries Apple Wedges Mixed Fruit	X-ray Vision Carrots Picnic Baked beans Oranges Pineapple bites	Mashed potatoes Summer Corn Banana Applesauce	Cucumber Wheels Sweet potato fries Mixed Melons M. oranges	Tiny Trees Black Beans Galaxy Grapes Party Peaches

Dates of interest	
	Jan 25 PMEA District Band Festival - CASHS
Jan 7 -Get -Fit -now www.summithealth.org/GetFitNow	Winter sports
Jan 11- 12 FFCMEA County Band. Mercersburg Academy	www.casdonline.org/Athletics

Healthy winter traditions

Start 2019 off with new and fun family traditions that will motivate your child to eat healthy foods. Try these ideas.

Cold-weather cookouts

On a clear day, fire up the backyard barbecue or head to a park that has grills. Take along lean burger patties, whole-wheat buns, and fixings like lettuce and tomato. Also, fill a thermos with hot apple cider, and pack nutritious side dishes like mashed sweet potatoes or steamed green beans in insulated containers.

Cozy "summer" picnics

Add variety to winter meals with indoor picnics. Spread out a blanket on the living room floor, and enjoy summer favorites from the frozen food aisle. *Examples:* corn on the cob, strawberries, sliced zucchini. Frozen fruits and vegetables are



just as nutritious as fresh, and they're available year-round.

Themed potlucks

Take turns hosting healthy potlucks with relatives or friends. The host gets to pick the theme! Maybe all foods must begin with C, such as carrots and celery sticks, vegetable chili, and cornbread. Or choose an ingredient (say, oranges) that every dish must include (orange-glazed chicken, spinach salad with mandarin orange slices). 🍊

Spring activity sign-up

Get a head start on spring by signing your child up for sports and activities now. Talk to her about sports she's interested in, and then check registration dates. You might look into T-ball, soccer, roller hockey, and lacrosse leagues. Or she may want to take tennis lessons, join a running club, or try cheerleading.

Just for fun

Q: How does a lemon ask for a hug?

A: "Can you give me a squeeze, please?"

