



Fort Wayne Community Schools

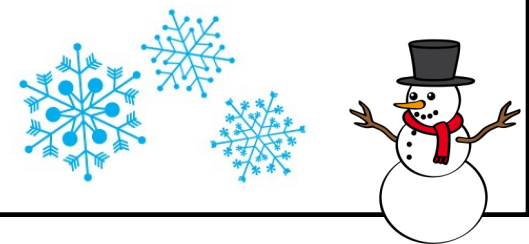
January 2019 Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Beef & Bean Burrito Cheez-It Crackers Baby Carrots Tropical Twist Juice Applesauce Milk	8 Mini Corndogs Corn Baby Carrots Raisins Oats & Honey Goldfish Grahams Milk	9 Cheese Pizza Grape Tomatoes Baby Carrots Chilled Pears Blueberry Muffin Milk	10 Chicken Tenders Dinner Roll Baked Beans Baby Carrots Sweet Blueberries Milk	11 Chicken & Rice Steamed Broccoli Baby Carrots Peach Cup Molasses Cookie Milk
14 Sausage Pizza Fresh Celery Baby Carrots Chilled Apricots Apple Muffin Milk	15 Black Bean Dip Tortilla Chips Baby Carrots Fresh Orange Milk	16 Chicken Drumstick Dinner Roll Fresh Broccoli Baby Carrots Chilled Peaches Milk	17 Beef & Noodles Whipped Potatoes Baby Carrots Sweet Strawberries Chocolate Cake Milk	18 Cheese Omelet Whole Grain Pancakes Baby Carrots Tropical Twist Juice Spiced Apples Milk
21 NO SCHOOL MLK DAY	22 Chicken Nuggets Baked Beans Baby Carrots Fruit Cocktail Butterscotch Cookie Milk	23 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots Red Apple Wedges Pumpkin Muffin Milk	24 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Sweet Blueberries Milk	25 Cheese Lasagna Dinner Roll Green Beans Baby Carrots Chilled Pears Milk
28 Cheeseburger Steak Dinner Roll Baked Potato Baby Carrots Chilled Peaches Milk	29 Galaxy Cheese Pizza Steamed Broccoli Baby Carrots Applesauce Banana Bread Milk	30 Cheesy Chili Tortilla Chips Chop Salad Baby Carrots Warm Cinnamon Apples & Cranberries Chewy Chocolate Cookie Milk	31 Zesty Orange Chicken Vegetable Fried Rice Cucumber Coins Hummus Baby Carrots Fruit Cocktail Milk	

Fun Family Activities for Winter

Don't let the cold weather slow you down! Each member of your family should get at least 30 minutes of physical activity, most days of the week. Here are some fun ways to get active with your family:

- Watching TV? Don't just sit around during commercials! Get up and do some exercises like jogging in place, jumping jacks, toe touches or just walk around the house. Remember to limit screen time to no more than 2 hours each day.
- Get out of the house and have a family outing. Ice skating and roller skating incorporate both physical activity and fun for the entire family.
- The snow wont last forever! Bundle up and get some fresh air by building a snow fort or snowman. Treat your family with a hot chocolate after to warm up!



For more information, visit our website at:

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This menu is pork free.

Menus are subject to change without notice.



Fort Wayne Community Schools

January 2019 Private School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Beef & Bean Burrito Cheez-It Crackers Baby Carrots Tropical Twist Juice Applesauce Milk	8 Mini Corndogs Corn Baby Carrots Oats & Honey Goldfish Grahams Raisins Milk	9 Cheese Pizza Grape Tomatoes Baby Carrots Chilled Pears Blueberry Muffin Milk	10 Chicken Tenders Dinner Roll Baked Beans Baby Carrots Sweet Blueberries Milk	11 Chicken & Rice Steamed Broccoli Baby Carrots Peach Cup Molasses Cookie Milk
14 Sausage Pizza Fresh Celery Baby Carrots Chilled Apricots Apple Muffin Milk	15 Black Bean Dip Tortilla Chips Baby Carrots Fresh Orange Milk	16 Chicken Drumstick Dinner Roll Fresh Broccoli Baby Carrots Chilled Peaches Milk	17 Beef & Noodles Whipped Potatoes Baby Carrots Sweet Strawberries Chocolate Cake Milk	18 Cheese Omelet Whole Grain Pancakes Baby Carrots Tropical Twist Juice Spiced Apples Milk
21 Beef Hamburger Potato Wedges Baby Carrots Applesauce Milk	22 Chicken Nuggets Baked Beans Baby Carrots Fruit Cocktail Butterscotch Cookie Milk	23 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots Red Apple Wedges Pumpkin Muffin Milk	24 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Sweet Blueberries Milk	25 Cheese Lasagna Dinner Roll Green Beans Baby Carrots Chilled Pears Milk
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Fort Wayne Community Schools January 2019 Large Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Beef & Bean Burrito Salsa Dipping Cup Cheez-It Crackers Baby Carrots Tropical Twist Juice Applesauce Milk	8 Mini Corndogs Corn Coleslaw Baby Carrots Raisins Oats & Honey Goldfish Grahams Milk	9 Cheese Pizza Breadsticks Grape Tomatoes Baby Carrots Chilled Pears Blueberry Muffin Milk	10 Chicken Tenders Dinner Roll Baked Beans Capri Vegetables Baby Carrots Sweet Blueberries Milk	11 Chicken & Rice String Cheese Steamed Broccoli Baby Carrots Peach Cup Molasses Cookie Milk
14 Sausage Pizza Breadsticks Fresh Celery Baby Carrots Chilled Apricots Apple Muffin Milk	15 Black Bean Dip Tortilla Chips Corn Baby Carrots Fresh Orange Milk	16 Chicken Drumstick Dinner Roll String Cheese Fresh Broccoli Baby Carrots Peaches Milk	17 Beef & Noodles Whipped Potatoes Green Beans Baby Carrots Sweet Strawberries Chocolate Cake Milk	18 Cheese Omelet Whole Grain Pancakes Crispy Potatoes Baby Carrots Tropical Twist Juice Spiced Apples Milk
21 NO SCHOOL MLK DAY	22 Chicken Nuggets Garlic Bread Baked Beans Baby Carrots Fruit Cocktail Butterscotch Cookie Milk	23 Teriyaki Beef Steamed Rice String Cheese Midori Blend Vegetables Baby Carrots Red Apple Wedges Pumpkin Muffin Milk	24 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Sweet Blueberries Milk	25 Cheese Lasagna Dinner Roll Green Beans Capri Vegetables Baby Carrots Chilled Pears Milk
28 Cheeseburger Steak Dinner Roll Baked Potato California Veggies Baby Carrots Chilled Peaches Milk	29 Galaxy Cheese Pizza Breadsticks Steamed Broccoli Baby Carrots Applesauce Banana Bread Milk	30 Cheesy Chili Tortilla Chips String Cheese Chop Salad Baby Carrots Warm Cinnamon Apples & Cranberries Chewy Chocolate Cookie Milk	31 Zesty Orange Chicken Vegetable Fried Rice Italian Vegetables Cucumber Coins Hummus Baby Carrots Breakfast Fruit Milk	

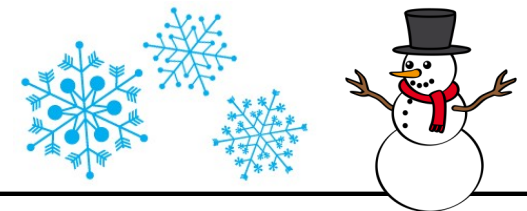
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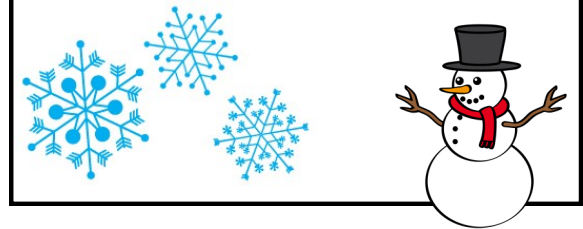
January 2019 Private School Large Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Beef & Bean Burrito Salsa Dipping Cup Cheez-It Crackers Baby Carrots Tropical Twist Juice Applesauce Milk	8 Mini Corndogs Corn Coleslaw Baby Carrots Raisins Oats & Honey Goldfish Grahams Milk	9 Cheese Pizza Breadsticks Grape Tomatoes Baby Carrots Chilled Pears Blueberry Muffin Milk	10 Chicken Tenders Dinner Roll Baked Beans Capri Vegetables Baby Carrots Sweet Blueberries Milk	11 Chicken & Rice Steamed Broccoli Baby Carrots String Cheese Peach Cup Molasses Cookie Milk
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21 Beef Hamburger Potato Wedges Creamy Coleslaw Baby Carrots Applesauce Milk	22 Chicken Nuggets Garlic Bread Baked Beans Baby Carrots Fruit Cocktail Butterscotch Cookie Milk	23 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots String Cheese Red Apple Wedges Pumpkin Muffin Milk	24 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Sweet Blueberries Milk	25 Cheese Lasagna Dinner Roll Green Beans Capri Vegetables Baby Carrots Chilled Pears Milk
28 Cheeseburger Steak Dinner Roll Baked Potato California Veggies Baby Carrots Chilled Peaches Milk	29 Galaxy Cheese Pizza Breadsticks Steamed Broccoli Baby Carrots Applesauce Banana Bread Milk	30 Cheesy Chili Tortilla Chips Chop Salad Baby Carrots String Cheese Warm Cinnamon Apples & Cranberries Chewy Chocolate Cookie Milk	31 Zesty Orange Chicken Vegetable Fried Rice Italian Vegetables Cucumber Coins Hummus Baby Carrots Breakfast Fruit Milk	

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Fort Wayne Community Schools

Enero 2019 Menú de Almuerzo

Lunes	Martes	Miercoles	Jueves	Viernes
7 Burrito de Res y Frijoles Galletas Cheezy Zanahorias Jugo con sabor Tropical Compota de Manzana Leche	8 Mini Salchichas Rebosadas de Pavo Maíz Zanahorias Uvas Pasas Pescaditos en Galleta de Avena y Miel Leche	9 Pizza de Queso Tomatitos Zanahorias Peras Enfriadas Mollete de Arándano Leche	10 "Tenders" de Pollo Panecillos Frijoles al Horno Zanahorias Arándanos Leche	11 Pollo con Arroz Brócoli al Vapor Zanahorias Tazo de Duraznos Galleta de Melaza Leche
14 Pizza de Chorizo Apio Fresco Zanahorias Albaricoques Enfriados Mollete de Manzana Leche	15 Salsa de Frijoles Negros Chips de Tortilla Zanahorias Naranja Fresca Leche	16 Muslitos de Pollo Panecillos Brócoli Fresco Zanahorias Duraznos Enfriados Leche	17 Carne con Fideos Puré de Papas Zanahorias Fresas Torta de Chocolate Leche	18 Tortilla de Huevos con Queso Crepas Zanahorias Jugo con sabor Tropical Manzanas en Especies Leche
21 No hay Clases Hoy	22 "Nuggets" de Pollo Frijoles al Horno Zanahorias Coctel de Frutas Galleta de "Butterscotch" Leche	23 Res Teriyaki Arroz al Vapor Mezcla de verduras Midori Zanahorias Manzana Roja Fresca Mollete de Calabaza Leche	24 Salsa de Queso Mejicana Palitos de Pan Brócoli Fresco Zanahorias Arándanos Leche	25 Lanana de Queso Panecillos Habichuelas Zanahorias Peras Enfriadas Leche
28 Hamburguesa de Bistec Con Queso Panecillos Papa al Horno Zanahorias Duraznos Enfriados Leche	29 Pizza de Queso "Galaxy" Brócoli al Vapor Zanahorias Compota de Manzana Pan de Plátano Leche	30 Chile con Queso Chips de Tortilla Ensalada Zanahorias Manzanas Calientes con Aradanos y Canela Galleta de Chocolate Masticable Leche	31 Pollo a la Naranja "Zesti" Arroz Frito de Vegetales Monedas de Pepino Pasta de Garbanzos Zanahorias Coctel de Frutas Leche	



Actividades Divertidas en Familia para el Invierno

¡No deje que el clima frío le afloje el paso! Cada miembro de su familia debe tener por lo menos 30 minutos de actividad física la mayoría de los días de la semana. He aquí algunas maneras divertidas de volverse activo/a con su familia:

- ¿Mirando la TV? ¡No se quede sentado durante los comerciales! Levántese y haga algunos ejercicios como jogging en donde está parado/a, dando saltos, tocándose los dedos de los pies o simplemente camine dentro de la casa. Recuerde limitar el tiempo de televisión a no más de 2 horas cada día.
- Salga de la casa y haga una excursión con la familia. El patinaje en hielo y el patinaje sobre ruedas incorporan tanto actividad física como diversión para la familia entera.
- ¡El hielo no durará para siempre! Abríguese y tome aire fresco haciendo un fuerte pequeño de nieve o muñeco de nieve. ¡Invite a su familia a que tome un chocolate caliente luego para que se caliente!



Este menú no tiene carne de cerdo

Los Menús están sujetos a cambio sin aviso

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Fort Wayne Community Schools

January 2019 Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Double Chocolate Oatmeal Bar Cheddar Cheese Stick Orange Tangerine Juice Breakfast Fruit Milk	8 Team Cheerio Cereal Bar Chocolate Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	9 Zee Zee Cinnamon Crisp Bar Apple Juice Breakfast Fruit Milk	10 Blueberry Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	11 Apple Cinnamon Rice Krispie Granola Bar Graham Crackers Kiwi Strawberry Juice Breakfast Fruit Milk
14 Apple Fruit & Grain Bar Cheddar Cheese Stick Orange Tangerine Juice Breakfast Fruit Milk	15 Zee Zee Berry Apple Crisp Bar Mixed Berry Juice Breakfast Fruit Milk	16 Cinnamon Toast Crunch Cereal Bar Chocolate Bear Grahams Apple Juice Breakfast Fruit Milk	17 Chocolate Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	18 Sunrise Bites Sun Butter Kiwi Strawberry Juice Breakfast Fruit Milk
21 NO SCHOOL MLK DAY	22 Butterscotch Oatmeal Bar Cheddar Cheese Stick Orange Tangerine Juice Breakfast Fruit Milk	23 Cocoa Puffs Cereal Bar Vanilla Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	24 Blueberry Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	25 Berry Rice Krispie Granola Bar Graham Crackers Kiwi Strawberry Juice Breakfast Fruit Milk
28 Blueberry Fruit & Grain Bar Cheddar Cheese Stick Orange Tangerine Juice Breakfast Fruit Milk	29 Zee Zee Campfire S'Mores Bar Mixed Berry Juice Breakfast Fruit Milk	30 Chocolate Chip Oatmeal Bites Vanilla Bear Grahams Apple Juice Breakfast Fruit Milk	31 Chocolate Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	

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WE ARE YOUR SCHOOLS

Fort Wayne Community Schools

Enero 2019 Menú de Desayuno

Lunes	Martes	Miercoles	Jueves	Viernes
7 'Barra de Avena con Doble Chocolate Palitos de Queso Cheddar Jugo de Naranja Mandarina Fruta de Desayuno Leche	8 Barras de Cereal "Equipo Cheerio" Osos en Galleta de Chocolate Mezcla de Jugo de Baya Fruta de Desayuno Leche	9 Barra Crujiente "Zee Zee" con Sabor a Canela Jugo de Manzana Fruta de Desayuno Leche	10 Mollete de Arándano Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	11 Barra de Cereal "Rice Krispie" Sabor a Manzana y Canela Galletas Integrales Jugo de Kiwi y Fresa Fruta de Desayuno Leche
14 Barra de Cereal con Sabor a Manzana Palitos de Queso Cheddar Jugo de Naranja Mandarina Fruta de Desayuno Leche	15 Barra Crujiente "Zee Zee" Sabora a Mora Manzana Mezcla de Jugo de Baya Fruta de Desayuno Leche	16 Barra de Cereal Sebor a Canela Osos en Galleta de Chocolate Jugo de Manzana Fruta de Desayuno Leche	17 Mollete de Chocolate Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	18 Botanas de la Mañana Mantequilla Sun Jugo de Kiwi y Fresa Fruta de Desayuno Leche
21 Vacaciones	22 Barra de Avena "Butterscotch" Palitos de Queso Cheddar Jugo de Naranja Mandarina Fruta de Desayuno Leche	23 Barra de Cereal y Hojaldre de Cacao Galletas Integrales Mezcla de Jugo de Baya Fruta de Desayuno Leche	24 Mollete de Arándano Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	25 Barra de Granola con Moras "Rice Krispie" Galletas Integrales Jugo de Kiwi y Fresa Fruta de Desayuno Leche
28 Barra de Cereal y Arandanos Palitos de Queso Cheddar Jugo de Naranja Mandarina Fruta de Desayuno Leche	29 Barra "Zee Zee" de Chocolate y Melcochas Tostadas con Galletas Mezcla de Jugo de Baya Fruta de Desayuno Leche	30 Bocaditos de Avena Con Chocochips Galletas Integrales Jugo de Manzana Fruta de Desayuno Leche	31 Mollete de Chocolate Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	

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