

HAPPY★NEW★YEAR

MENUS FOR JANUARY 2021

**CNMI Public School System
Child Nutrition Program**

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

STRANGE BUT TRUE!



A TIGER DOESN'T JUST HAVE STRIPED FUR - ITS **SKIN** IS STRIPED, TOO, AND IN THE **EXACT SAME PATTERN!** A TIGER'S STRIPES ARE LIKE A FINGERPRINT - NO TWO TIGERS HAVE EXACTLY THE SAME STRIPES!



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!

New year, same deal.

As we move into the new year, we want to remind you that our complete meals will be no charge for public school students for the rest of the school year and through June 30, 2020. We hope this gives you one less thing to worry about at a time when you sure don't need more worries!

School Meals
We serve education every day™

NUTRITION TO GO

You can't always judge sodium content by taste alone. Bread and breakfast cereal often contain as much sodium as potato chips - just look at the nutrition label. And at many fast food joints, the sandwiches actually contain more sodium than the french fries.

Go to their web site and check it out!

A QUICK BITE FOR PARENTS

Monday, January 4

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Adobo with Rice
Potato Wedges
Carrots and Peas
Fruit

Tuesday, January 5

Breakfast

Tropical Storm Fried Rice
Fruit

Lunch

Cheese Pizza
Veggie Sticks and Dip
Beans
Fruit

Wednesday, January 6

Breakfast

Pancake with Syrup
Bacon
Fruit

Lunch

Beef Steak with Peas and Onions
Red Rice
Broccoli
Fruit

Thursday, January 7

Breakfast

Sausage and Egg Scramble with
Rice
Fruit

Lunch

Marianas BBQ Burger
Sandwich Sides (Lettuce,
Tomato, Bell Pepper)
Sweet Potato Fries
Fruit
Flavored Milk

Friday, January 8

Breakfast

Banana Bread
Fruit

NEW LUNCH ITEM

Lunch

*Turkey, Ham, and Cheese
Sandwich*
Sandwich Sides (Lettuce,
Tomato, Cucumber, Bell
Pepper)
Japanese Salad
Fruit

Monday, January 11

Breakfast

Assorted Cereal
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower and Broccoli
Corn
Fruit

Tuesday, January 12

Breakfast

Fried Rice with Portuguese
Sausage
Fruit

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Wednesday, January 13

Breakfast

Ham and Cheese Roll
Fruit

Lunch

Oven Fried Chicken
Red Rice
Sauteed Spinach
Corn
Fruit

Thursday, January 14

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Chicken Curry with Rice, Carrots,
Local Vegetables
Fruit
Flavored Milk

Friday, January 15

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey with Gravy
and Mashed Potatoes
Dinner Roll
Carrots, Beans
Fruit



Monday, January 18
MLK Day
 No School Today

Tuesday, January 19

Breakfast

Fried Rice with Grilled Ham
 Fruit

Lunch

Hawaiian Pizza
 Veggie Sticks and Dip
 Corn and Bean Salad
 Fruit

Wednesday, January 20

Breakfast

Pancakes with Syrup
 Bacon
 Fruit

Lunch

Breaded Fish with Sauce
 Red Rice
 Local Vegetables
 Fruit

Thursday, January 21

Breakfast

Pan de Sal with
 Egg and Cheese
 Fruit

Lunch

Beef Bulgogi with Rice
 Bell Peppers, Bean Sprouts,
 Carrots, and Onions
 Fruit
 Flavored Milk

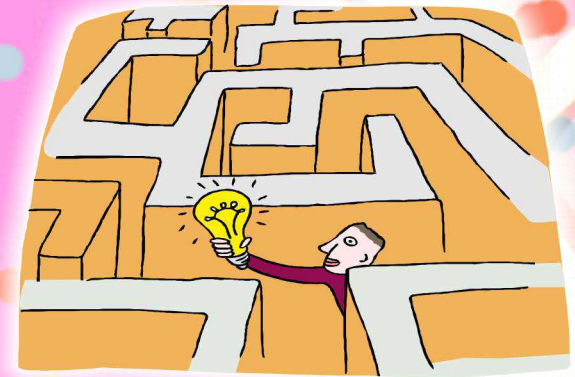
Friday, January 22

Breakfast

Garlic Rice with
 Patty Sausage
 Fruit

Lunch

Chicken Alfredo with Spinach
 Lettuce, Tomato,
 and Cucumber Salad
 Beans
 Fruit



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

Monday, January 25

Breakfast

Assorted Cereal
 Fruit

Lunch

Beef Broccoli with Rice
 Mixed Vegetables
 Fruit

Tuesday, January 26

Breakfast

Garlic Fried Rice
 Sausage Links
 Fruit

Lunch

BBQ Chicken with Red Rice
 Corn
 Potato Salad
 Fruit

Wednesday, January 27

Breakfast

French Toast with Syrup
 Fruit

Lunch

Honey Glazed Chicken with Rice
 Carrots
 Local Vegetables
 Fruit

Thursday, January 28

Breakfast

Macaroni and Cheese
 Fruit

Lunch

Grilled Ham with Rice
 Sweet Potato Fries
 Beans
 Fruit
 Flavored Milk

Friday, January 29

Breakfast

Ground Beef and Vegetable
 Omelet
 Fruit

Lunch

Spaghetti Bolognese
 Dinner Roll
 Local Vegetables
 Garlic Spinach
 Fruit



**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

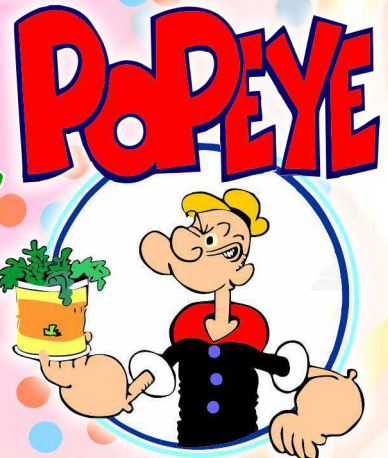
and some combination of garlic, jalapeños, cilantro, lime juice, salt, and maybe a little tomato or onion and other good stuff. But it looks kind of green and lumpy and a little gross.

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!