

Welcome to the New Year!

2026

Menus for January

CNMI Public School System, Child Nutrition Program

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

Monday, January 5

No Public School

Breakfast

Assorted Cereal
Fresh Fruit

Lunch

Chicken Teriyaki
Steamed Rice
Garlic Pacific Blend Vegetables
Fresh Fruit

Tuesday, January 6

Breakfast

Fried Rice w/ Portuguese Sausage
Fruit/Fruit Smoothie

Lunch

Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Taco Seasoned Lentils
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Taco Seasoned Lentils
Fresh Fruit

Wednesday, January 7

Breakfast

Grilled Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Beef Bulgogi
Broccoli
Carrots
Steamed Rice
Fresh Fruit

Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fresh Fruit

Thursday, January 8

Breakfast

Apple Cinnamon Pan Pancakes
Bacon
Fresh Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Green Salad w/ Tomatoes
& Dressing
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, January 9

Holiday Break
No Public School

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fresh Fruit

NUTRITION TO GO

Pineapples are picked ripe and do not ripen further after picking. There's no sure way to tell that a whole pineapple is sweet -- although fresh, deep green crown leaves are a good sign. Most grocery stores now carry vacuum-packed pineapples that are already cored and shelled -- buying these saves you some work and avoids surprises.

A QUICK BITE FOR PARENTS



What's on YOUR plate?

Put me in my place!
Is the tomato a fruit or a vegetable?



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

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

Monday, January 12

No Public School

Breakfast

Assorted Cereal
Fresh Fruit

Lunch

Breaded Chicken w/ Gravy
Mashed Potatoes
Corn
WGR Dinner Roll
Fresh Fruit

Tuesday, January 13

Breakfast

Sausage
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Sub Sandwich on WGR Bun
Green Salad w/ Tomatoes
& Dressing
Italian Bean Salad
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Italian Bean Salad
Fresh Fruit

Wednesday, January 14

Breakfast

Toasted Ham & Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Pork Ginger
Steamed Rice
Sesame Broccoli & Carrots
Fresh Fruit

Secondary Second Choice

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fresh Fruit

Thursday, January 15

Breakfast

Garlic Fried Rice
w/ Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Chicken Alfredo Penne Pasta
Lemon Garlic Cauliflower & Carrots
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Fresh Fruit

Friday, January 16

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables & Corn
Flavored Milk
Fresh Fruit

Secondary Second Choice

Creole Fish Sandwich w/
Spicy Remoulade Sauce
Corn & Local Vegetables
Fresh Fruit

Monday, January 19

Martin Luther King Jr. Day
No Public School

Breakfast

Grilled Ham
w/ Fried Rice
Fruit

Lunch

Sloppy Joes
Sweet Potato Fries
Taco Seasoned Lentils
Fresh Fruit

Tuesday, January 20

No Public School

Breakfast

Assorted Cereal
Fresh Fruit

Lunch

Honey Garlic Chicken Stir Fry
Steamed Rice
Carrots
Broccoli
Fresh Fruit

Wednesday, January 21

Breakfast

Grilled Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Beef Steak w/
Green Peas and Onions
Red Rice
Carrots
Fresh Fruit

Secondary Second Lunch

Chicken Nuggets w/Dipping Sauce
Seasoned Potato Wedges
Honey Ginger Green Beans
WGR Dinner Roll
Fresh Fruit

Thursday, January 22

Breakfast

Fried Rice
w/ Portuguese Sausage
Fresh Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, January 23

Breakfast

French Toast w/ Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fresh Fruit



What do these six different foods have in common?

**Pears Popcorn Nuts Beans
Whole Grains Broccoli**

These foods might seem very different, but they're all good sources of a substance that's important for a healthy diet. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the magical substance they all share!



ANSWER: _____

Monday, January 26

No Public School

Breakfast

Assorted Cereal
Fresh Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fresh Fruit

Tuesday, January 27

Breakfast

Garlic Fried Rice w/
Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Chicken Burger
Green Salad w/ Cucumber
Carrots w/ Dressing
Fresh Fruit

Secondary Second Choice

Chicken Caesar Salad
WGR Garlic Bread & Croutons
Fresh Fruit

Wednesday, January 28

Breakfast

Mac & Cheese 2.0
Fresh Fruit/Fruit Smoothie

Lunch

Pork Curry
Steamed Rice
Potatoes & Carrots
Fresh Fruit

Secondary Second Choice

Buffalo Chicken Sliders on
WGR Dinner Roll
Corn Succotash
Fresh Fruit

Thursday, January 29

Breakfast

Ham & Egg Scramble
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Broccoli
Spanish Chickpeas
Fresh Fruit

Secondary Second Choice

Chicken Caesar Salad
WGR Garlic Bread & Croutons
Spanish Chickpeas
Fresh Fruit

Friday, January 30

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Kimchee Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fresh Fruit

STUCK.



We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!

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

LICENSE TO KRILL

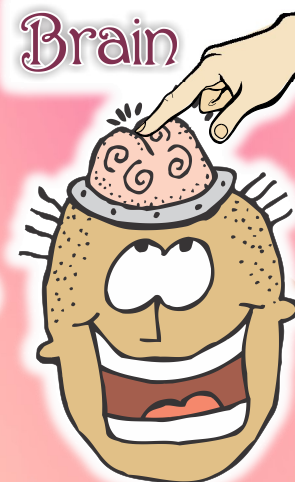
Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



ANIMAL APPETITES



Pro Football playoffs start Saturday, Jan. 10. What team will wear the crown?



Brain Ticklers

If you are locked inside a car with a baseball bat, how do you get out?

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

Unlock the door!