




January 2019



Care a lot  
CHILD CARE  
"Caring is at the heart of what we do!"

 <p><b>HAPPY NEW YEAR</b></p>	<p><u>1</u> Starburst</p> <p><b>Center Closed!</b></p>	<p><u>2</u> <b>Breakfast</b> Bagels Cantaloupe</p> <p><b>Lunch</b> Chicken Nuggets Green Beans Whole Wheat Roll Fresh Fruit</p> <p><b>Snack</b> Salsa Corn Chips</p>	<p><u>3</u> <b>Breakfast</b> Breakfast Pizza on Whole Wheat Crust Banana Slices</p> <p><b>Lunch</b> Cheeseburger Macaroni Carrots Applesauce</p> <p><b>Snack</b> Yogurt Graham Crackers</p>	<p><u>4</u> <b>Breakfast</b> Whole Wheat Pumpkin Muffin Apricots</p> <p><b>Lunch</b> Shells w/ Beef &amp; Sauce Steamed Broccoli Pears</p> <p><b>Snack</b> Ritz Crackers Cheese Cubes</p>
<p><u>7</u> <b>Breakfast</b> Corn Chex Pineapple Tidbits</p> <p><b>Lunch</b> Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p><b>Snack</b> Soynut Butter Dip Apple Slices</p>	<p><u>8</u> <b>Breakfast</b> Wheat Toast Bananas</p> <p><b>Lunch</b> Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p><b>Snack</b> Goldfish Crackers Grape Halves</p>	<p><u>9</u> <b>Breakfast</b> Hot Biscuit Diced Pears</p> <p><b>Lunch</b> Turkey &amp; Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p><b>Snack</b> Vanilla Yogurt Graham Crackers</p>	<p><u>10</u> <b>Breakfast</b> Whole Wheat Pancakes Banana</p> <p><b>Lunch</b> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><b>Snack</b> Bread Sticks Marinara Dipping Sauce</p>	<p><u>11</u> <b>Breakfast</b> Whole Wheat English Muffin Apple</p> <p><b>Lunch</b> Hot Ham and Cheese Tomato Soup Tropical Fruit</p> <p><b>Snack</b> Cheddar Cheese Wheat Crackers</p>
<p><u>14</u> <b>Breakfast</b> Corn Flakes Tangerine</p> <p><b>Lunch</b> Ravioli &amp; Meat Sauce Carrots Diced Pears</p> <p><b>Snack</b> Whole Wheat Banana Bread Milk</p>	<p><u>15</u> <b>Breakfast</b> Whole Wheat Cinnamon Muffin Fruit Cocktail</p> <p><b>Lunch</b> Chicken with Veggies and Pasta Diced Peaches</p> <p><b>Snack</b> Soft Pretzel Cheddar Cheese</p>	<p><u>16</u> <b>Breakfast</b> Mini-Quiche Apricot Halves</p> <p><b>Lunch</b> Baked Beans w/Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><b>Snack</b> Wheat Crackers Apple Slices</p>	<p><u>17</u> <b>Breakfast</b> Bagel Peaches</p> <p><b>Lunch</b> Pasta &amp; Meat Sauce Green Salad Oranges</p> <p><b>Snack</b> Whole Wheat Pita Bread w/ Soy Butter</p>	<p><u>18</u> <b>Breakfast</b> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><b>Lunch</b> Chicken Noodle Soup Whole Wheat Roll Corn Pineapple Tidbits</p> <p><b>Snack</b> Vanilla Yogurt with Blueberries</p>

## Cucumber Hummus Boats



Set sail with these scrumptious, inventive midday delights. The cucumber base provides hydration, while the beans in hummus give you a protein boost.



**Ingredients:** 1 whole cucumber  
4 baby plum tomatoes  
3 tablespoons hummus

Serving Size: 1 boat  
Protein: 6g  
Calories: 134  
Sugar: 3g



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<p><b>21</b> <b>Breakfast</b> Rice Krispies Orange</p> <p><b>Lunch</b> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><b>Snack</b> Ritz Crackers String Cheese</p>	<p><b>22</b> <b>Breakfast</b> Whole Wheat English Muffin Pineapple</p> <p><b>Lunch</b> Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p><b>Snack</b> Animal Crackers Pears</p>	<p><b>23</b> <b>Breakfast</b> Whole Wheat Pancakes Banana</p> <p><b>Lunch</b> Turkey Sandwich Mixed Veggies Fruit Cocktail</p> <p><b>Snack</b> Cheese-its Apple Slices</p>	<p><b>24</b> <b>Breakfast</b> Homemade French Toast Peaches</p> <p><b>Lunch</b> BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p><b>Snack</b> Ants on a Log (Bananas, Soy Butter &amp; Raisins)</p>	<p><b>25</b> <b>Breakfast</b> Cornbread Sliced Peaches</p> <p><b>Lunch</b> Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p><b>Snack</b> Snack Mix Grapes</p>
<p><b>28</b> <b>Breakfast</b> Cheerios Pear Halves</p> <p><b>Lunch</b> Chicken Taco on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p><b>Snack</b> Apple Slices Pretzels</p>	<p><b>29</b> <b>Breakfast</b> Oatmeal Muffins Peaches</p> <p><b>Lunch</b> Soy Butter &amp; Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p><b>Snack</b> Whole Wheat Pita Orange</p>	<p><b>30</b> <b>Breakfast</b> Breakfast Pizza on Whole Wheat Crust Fresh Banana Slices</p> <p><b>Lunch</b> Cheeseburger Macaroni Carrots Applesauce</p> <p><b>Snack</b> Salsa Corn Chips</p>		

## Diet Resolutions for New Year

Why overhaul your diet in a day when you can take small steps over time - and still reach your diet goals! Are you making bold resolutions on January 1 to "eat right" -- whatever that means? Stop trying to overhaul your entire diet in a day! Resolve to think small and you can reach any diet goal -- one focused step at a time. Why not start with these simple tips?

### New Year's Diet Resolution No. 1: Go Slow

Resolving to get more **fiber in your diet** this year? Maybe more fish or fresh fruit? Any diet change is easier if you take slow, small steps. For example:

1. Vow to add a piece of produce to your brown bag lunch daily.
2. Designate a day as fish day.
3. Package up a single serving of your favorite whole-grain cereal, then treat it as your midmorning snack.

### New Year's Resolution No. 2: Water, Water, Everywhere

Water: It's cheap, fat-free, and gives your body a quenching boost. Find the idea of eight cups a day daunting? Think small:

1. Drink one glass first thing in the morning, before you brush your teeth.
2. Tempted by more soda? Another glass of wine? Drink a cup of water with a splash of your favorite beverage in it first.
3. Resolve to drink one more cup of water today than you had yesterday.

### New Year's Diet Resolution No 3: Tackle Mindless Munching

You're chatting with friends around the dinner table or watching a DVD -- and you just keep *nibbling*. Try these tips to reign in the munchies:

1. Pop a stick of gum or a sugar-free mint in your mouth.
2. Brush or floss your teeth.
3. Pay attention -- look at each piece of food you plan to eat.
4. Busy your hands with a glass of water, a cup of tea, or cleaning off the table.

WebMD Feature Reviewed by [Brunilda Nazario, MD](#) on

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### Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change



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