

Harvest of the Month

~ Citrus ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Items marked with a *V* are vegetarian selections.</p> <p>Items marked with a  contain pork.</p>	<p>1</p> <p>Citrus is the Harvest of the Month of January and is offered every day.</p> 	<p>2</p>	<p>3</p>	<p>4</p>
<h1>Christmas Break</h1>				
<p>7</p> <p><i>No School</i></p> 	<p>8</p> <p>1-Tamale with Beans *V* 2-Peanut Butter and Jelly Sandwich *V*</p> <p>100% Juice</p>	<p>9</p> <p>1-D11 Cheese *V* or Pepperoni Pizza 2-Yogurt Lunch Box *V*</p> <p>Cucumbers</p>	<p>10</p> <p>1-Creamy Chicken & Biscuit 2-Turkey & Cheese Sandwich</p> <p>Mixed Fruit</p>	<p>11</p> <p>1-BBQ Chicken & Gordita Bread 2-Cheese Quesadilla *V*</p> <p>Diced Peaches</p>
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<p>14</p> <p>1-Lasagna Roll with Marinara & Breadstick *V* 2-Cheese Nachos *V*</p> <p>Apricots</p>	<p>15</p> <p>1-D11 Tostada *V* 2-Cinnamon Roll & Sausage Links</p> <p>Celery Sticks</p>	<p>16</p> <p>1-D11 Cheese *V* or Sausage Pizza 2-Yogurt & Bagel with Peanut Butter *V*</p> <p>Broccoli</p>	<p>17</p> <p>1-Turkey with Gravy and Mashed Potatoes with Roll 2-Deli Roll</p> <p>Baked Beans </p>	<p>18</p> <p>1-Beef & Bean Chili with Tortilla Chips 2-Toasted Cheese Sandwich *V*</p> <p>Potato Salad</p>
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<p>21</p> <p><i>No School</i></p> 	<p>22</p> <p>1-Hamburger or Cheeseburger 2-Bean and Cheese Burrito *V*</p> <p>Salsa</p>	<p>23</p> <p>1-D11 Cheese *V* or Pepperoni Pizza 2-Peanut Butter & Jelly Sandwich *V*</p> <p>Sliced Strawberries</p>	<p>24</p> <p>1-Teriyaki Chicken with Noodles 2-Sausage and Cheese Muffin</p> <p>Banana</p>	<p>25</p> <p>1-Roasted Chicken with Dinner Roll 2-Ham and Cheese Sandwich</p> <p>Coleslaw</p>
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<p>28</p> <p>1-Macaroni & Cheese *V* 2-Peanut Butter & Jelly Sandwich *V*</p> <p>Corn</p>	<p>29</p> <p>1-Build Your Own Soft Tacos 2-Yogurt, Cheese Stick & Father's Table Bar *V*</p> <p>Cinnamon Applesauce</p>	<p>30</p> <p>1-D11 Cheese *V* or Sausage Pizza 2-Ham and Cheese Sandwich</p> <p>Peas</p>	<p>31</p> <p>1-Pancakes and Sausage Links 2-Deli Roll</p> <p>Cauliflower</p>	
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				

January 2019

Colorado Springs School District 11
Corpus Christi K-5 Lunch Menu

Meal Prices:

Student Lunch	\$2.90
Weekly	\$14.50
Monthly	\$58.00
Adult Lunch	\$3.10
Milk	\$0.60
Chocolate Milk	\$0.70
Bottle Water	\$0.80

Lunch includes a minimum of three and maximum of 5 different selections from the grain, milk, fruit, vegetable and meat/meat alternate groups. One selection must be a fruit or vegetable.

You could possibly save hundreds of \$\$ on school lunch and breakfast! If you would like assistance with the cost of your student's meals, you may apply for free or reduced-price meals online at MySchoolApps.com.

There may be instances when menu substitutions must be made due to circumstances beyond our control. CSSD11 Food & Nutrition Services makes every effort to prevent these situations when at all possible. In the event that a substitution must be made, signage will be posted at the school to indicate what the substitution will be.

Please visit <https://www.d11.org/Page/921> to view menus and for an explanation of the D11 snow day policy.



This institution is an equal opportunity provider.

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D11 Good Food Project!

<http://m.facebook.com/pages/D11-Good-Food-Project/254969185947>

Do you have a "praise" or "concern" to share with the Director of Food & Nutrition Services? Please email your comments to Kent.Weagri@d11.org.

Colorado Harvest of the month for January... Citrus

Did you know that, on his second trip to the New World, Christopher Columbus brought along citrus seeds and seedlings from the Caribbean? However, history books show that citrus fruits date back hundreds of thousands of years ago to ancient Asia. Now, citrus is the most widely produced crop in the world - oranges, grapefruits, lemons and limes are grown in many different areas around the globe.

Citrus fruits may be best known for their Vitamin C levels. In the days of ships and long sea voyages, sailors were known to become Vitamin C deficient and develop a disease called scurvy. James Lind, a surgeon in the Navy at the time, noticed that sailors became very sick on long sea trips. Lind discovered that when sailors ate lemons and limes, they were cured of scurvy and became healthy again. From that time on, sailors always carried citrus fruits on their trips.

Citrus fruits also contain vitamins D & B6, calcium, niacin, phosphorus, and potassium. These vitamins and minerals can help in preventing heart disease, lowering cholesterol, and increasing serotonin levels, which make us happier and give us energy.

To select citrus fruit, check for fruit that doesn't have blemishes, scars or moldy areas on the outside skin. The fruit should be firm and feel heavy for its size. Ripe citrus fruits will also have a clean, sweet scent. Color is not always an indication of ripeness because fruits held at different temperatures have a tendency to color differently. Store the fruit in a refrigerator's crisper drawer for best results.

Source: www.eatright.org, www.fruitsandveggiesmorematters.org, www.sunkist.com

Physical Activity Topic for January... Table Tennis

Table tennis, or Ping Pong, is one of the most popular competitive sports in the world. In fact, table tennis is played at the summer Olympic games every 4 years. The sport is most popular in Asia and Europe. The competitive version is a very fast-paced sport and can really get your heart pumping. It is also a great way to develop superior hand-eye coordination and a perfect sport to play when it is too cold to go outdoors.

The equipment needed for table tennis is pretty simple.

- First, you'll need a table. Regulation tables are rectangular, usually green with white lines. There is a 6-inch net placed in the center of the table to designate sides.
- Next you need paddles, or racquets. These rounded paddles are typically made of wood and each side is covered with a thin layer of rubber, usually colored blue or red.
- Lastly you'll want some balls. Table tennis balls are plastic and hollow inside. This makes it easier for the balls to bounce on the table.

To play, stand behind one of the short sides of the long table, your opponent will stand behind the other side. Hold the paddle in your dominant hand, much like you would hold a tennis racquet, curling your fingers and thumb around the handle.

To serve the ball, drop it on the table, on your side, and let it bounce once before hitting it over the net and onto your opponent's side. Your opponent will let it bounce on their side and hit it over the net back to you. This back and forth continues until someone misses the ball, the ball bounces on their side more than once, or the ball is hit too hard and doesn't hit the opponent's side of the table. If this happens, a point is scored.

Source: www.cdc.gov/bam

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