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<p align="center">Join us for BREAKFAST, served 7:45-8:10 am Choices may include: cereal, muffins, bagels, or UBR bar, cheese stick or yogurt, fruit, and milk</p>					
<p align="center">All meals are served with 1% or non-fat ice-cold milk</p>					
Monday	Tuesday	Wednesday ** Early Release	Thursday	Friday	FFVP Focus
January 1	2	3	4	5	
<p align="center">Winter Break – see you on Jan. 8th</p>					
8	9	10	11	12- 100 th Day!	Clementines
Cheesy Hamburger on Bun, Garden Salad, Apples	Mrs. Tomasa's Enchilada Casserole, Beans, Orange Smiles	Turkey & Cheese Sandwich, Corn, Super Salad, Pear	Spicy Pork with Rice & Mixed Veggies, Fruit Medley	French Bread Pizza, Garden Salad, Mighty Melon Slices	
15	16	17	18	19 4-6 th Grade Field Trip	
MLK Day No School	Quesadilla w/ Lettuce & Tomato, Beans, Apple Smiles	Ham & Cheese on Bun, Potato Salad, Orange Wedges	Spaghetti w/ Meat Sauce, Green Beans, Fruit Salad	Chef Salad w/ Az Microgreens, Cheesy Pretzel Stick, Pear Slices	Cabbage
22	23	24	25	26	Citrus
Mighty Meatloaf, Dinner Roll, Mashed Potatoes, Orange Smiles	Turkey Taco with Lettuce & Tomato, Beans, Fruit Salad	Soup & Toasted Cheese Sandwich, Garden Salad, Apple Slices	Beef Stroganoff Pasta, Carrots, Green Beans, Pear	Orange Chicken Bowl, Mixed Veggies, Fruit Medley	
29	30	31	February 1	2	
Baked Potato w/ Cheese & Broccoli, Pretzel Stick, Sliced Apple	Mrs. Tomasa's Tuna Salad with Chips, Beans, Pear	Buffalo Chicken, Fluffy Rice, Super Salad, Fruit Bites	Beefy Hamburger on Bun, Veggie Dippers, Banana	Home-style Macaroni & Cheese, Roll, Garden Salad, Citrus Smiles	Broccoli

Bite of the Season:
Citrus



Winter is citrus season in the Valley of the Sun. Oranges and grapefruit overflow the produce bins. Keen shoppers keep an eye out for the more unusual citrus varieties such as clementines, tangelos, cara cara and blood oranges, pummelos and Meyer lemons.

Our farmers' markets are in full swing with an abundance of lettuces, leafy greens and winter herbs. Leeks make their first appearance, along with cabbages, Brussels sprouts and broccoli. Root veggies such as beets, parsnips, turnips and rutabagas increase in sweetness as the weather turns colder.

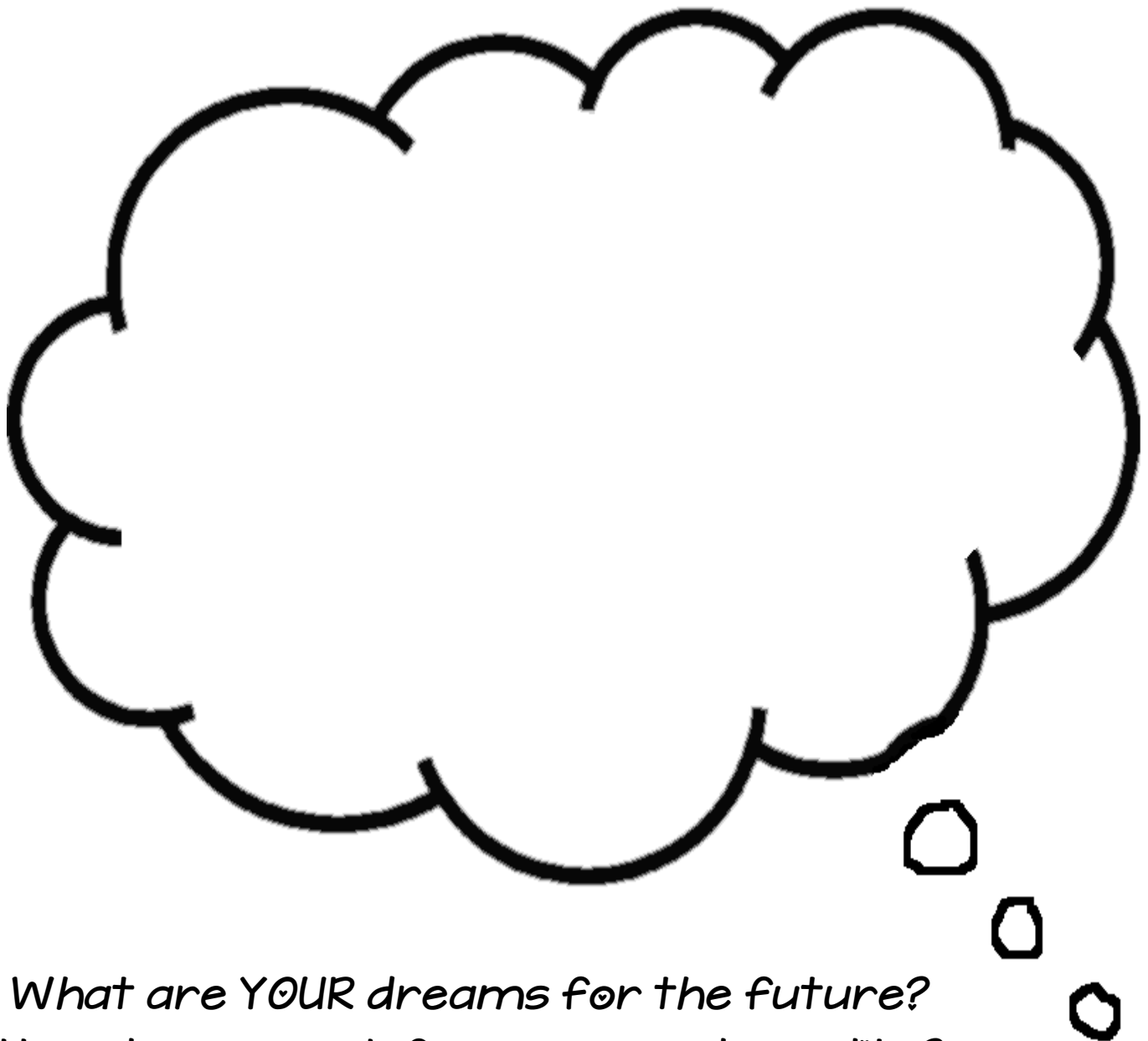
<https://www.tripsavvy.com/whats-in-season-in-phoenix-4050538>

This institution is an equal opportunity provider. *Esta institución es un proveedor que ofrece igualdad de oportunidades.*
 Food items are subject to availability.

I can dream like Dr. King...

The Rev. Dr. Martin Luther King Jr. was a very important American civil rights leader who worked for equality and peace for all people.

He gave a famous "I Have a Dream" speech on August 28, 1963 in Washington D.C.



*What are YOUR dreams for the future?
How do you work for peace and equality?*