

-2024-

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LJSH BREAKFAST

16 Days

JANUARY REMINDERS

You can do anything, but not everything at the same time

You don't have to figure everything out

Restart as many times as needed

Your inner peace is too expensive to be sacrificed --

Do more of what makes you forget about time

OurMindfulLife.com

1

No School

2

No School

3

No School

4

No School

5

No School

8

No School
Teacher's Institute

9

Cereal
Cheese Stick
Fruit Cup

10

Apple Frudel Stick
Yogurt
Applesauce

11

French Toast
w/Syrup
Pineapple

12

Biscuit & Gravy
Peaches

15

No School

16

Cereal
Cheese Stick
Mixed Fruit

17

Cinnamon Frudel
Stick
Yogurt
Baked Apples

18

French Toast
w/Syrup
Peaches

19

Cheese Omelet
Muffin
Mandarin Oranges

22

Poptart
Yogurt
Pineapple

23

Cereal
Cheese Stick
Mixed Fruit

24

Apple Frudel Stick
Yogurt
Mandarin Oranges

25

French Toast
w/Syrup
Pears

26

Biscuit & Gravy
Applesauce

29

Nutri-Grain Bar
Yogurt
Peaches

30

Cereal
Cheese Stick
Mixed Fruit

31

Cinnamon Frudel
Stick
Yogurt
Peaches

-2024-

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LJSH LUNCH

16 Days

With a
REFRESHED MIND
and
SHARP PENCIL
we can do
ANYTHING!

1

No School

2

No School

3

No School

4

No School

5

No School

8

No School
Teacher's Institute

9

Grilled Chicken Breast
Mashed Potatoes & Gravy
Baked Beans
Applesauce

10

BBQ on Bun
Sweet Potato Fries
California Blend
Vegetable
Pineapple

11

Chicken Enchilada
Cauliflower
Salad
Peaches

12

Pizza
Carrots
Salad
Mixed Fruit

15

No School

16

BBQ Meatballs
Cheesy Hashbrown
Casserole
Green Bean Cass.
Baked Apples

17

Corn Dog
Fries
Baked Beans
Peaches

18

Turkey Tetrazzini
California Blend
Veg.
Pickled Beets
Mandarin Oranges

19

New Orleans
Chicken over Rice
Egg Roll w/Sweet
and Sour Sauce
Broccoli
Pineapple

22

Chicken Patty on
Bun
Chips & Salsa
California Blend
Veg.
Mixed Fruit

23

Hot Pork Tenderloin
on Bread w/Gravy
Mashed Potatoes
w/Gravy
Peas
Mandarin Oranges

24

Toasted Ravs
w/Breaded
Cheese Stick
Marinara
Salad
Pears

25

Tacos
Corn
Applesauce

26

Pizza
Carrots
Salad
Peaches

29

Hamburger on Bun
Fries
Baked Beans
Mixed Fruit

30

Turkey and Gravy
over Biscuit
Mashed Potatoes
w/Gravy
Corn
Peaches

31

Pork Tenderloin on
Bun
Sweet Potato Fries
California Blend
Veg.
Pears