



Grace Community Schools

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

STUCK.

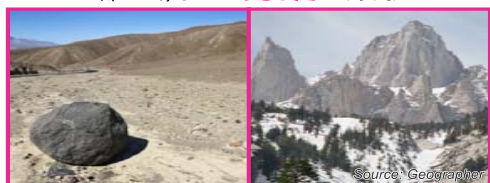


We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your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

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

STRANGE BUT TRUE!

THE LOWEST AND THE HIGHEST PLACES IN THE CONTINENTAL UNITED STATES ARE BOTH IN CALIFORNIA AND ARE **LESS THAN 100 MILES APART!** THE DESERT FLOOR AT BADWATER, CA IN **DEATH VALLEY NATIONAL PARK** SITS AT 279 FEET **BELOW** SEA LEVEL. JUST 84.6 MILES AWAY, **MOUNT WHITNEY** RISES 14,505 FEET **ABOVE** SEA LEVEL!



Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
<p>Happy New Years!! No School</p>	<p>Breakfast Cereal Apple Slices & Milk Lunch Sloppy Joe Sandwich, Mandarin Oranges, Salad & Sw. Potato Fries Snack Yogurt and Banana w/ Water</p>	<p>Breakfast Blueberry Muffin Fruit Cocktail & Milk Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk Snack Sun Chips and Juice</p>	<p>Breakfast Cereal Peaches & Milk Lunch Macaroni & Cheese, Toast, Tomatoes, Carrot Banana & Milk Snack 1/2 Bagel and Juice</p>	<p>Breakfast Waffle Banana & Milk Lunch Tacos, Peaches, Onion, Black Beans and Milk Snack Goldfish & Juice</p>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p>Breakfast Biscuit, Grapes & Milk Lunch Hot Dog, Pears, Corn, Refried Beans, & Milk Snack Cheetos & Juice</p>	<p>Breakfast French Toast Sticks, Banana & Milk Lunch Turkey & Cheese Sandwich, Cheese Stick, Peaches, Sw. Potato Fries, Salad, and Milk Snack Pretzels & Juice</p>	<p>Breakfast Cereal Juice & Milk Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots, & Milk Snack Tostitos w/ Cheese & Water</p>	<p>Breakfast Cereal, Fruit Cocktail & Milk Lunch Spaghetti, Roll, Fruit Cocktail, Carrots, Green Peas Snack Cheese Stick & Juice</p>	<p>Breakfast Pancakes Pears & Milk Lunch Bologna & Cheese Sandwich, Banana, Carrot, Green Peas, and Milk Snack Cheesy Popcorn & Juice</p>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
<p>Breakfast Bagel Pears & Milk Lunch Cheese Pizza, Salad, Grapes, and Corn with Milk Snack Snack Mix & Juice</p>	<p>Breakfast Cereal Apple Slices & Milk Lunch Sloppy Joe Sandwich, Mandarin Oranges, Salad & Sw. Potato Fries Snack Yogurt and Banana w/ Water</p>	<p>Breakfast Blueberry Muffin Fruit Cocktail & Milk Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk Snack Sun Chips and Juice</p>	<p>Breakfast Cereal Peaches & Milk Lunch Macaroni & Cheese, Toast, Tomatoes, Carrot Banana & Milk Snack 1/2 Bagel and Juice</p>	<p>Breakfast Waffle Banana & Milk Lunch Tacos, Peaches, Onion, Black Beans and Milk Snack Goldfish & Juice</p>
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<p>Breakfast Biscuit, Grapes & Milk Lunch Hot Dog, Pears, Corn, Refried Beans, & Milk Snack Cheetos & Juice</p>	<p>Breakfast French Toast Sticks, Banana & Milk Lunch Turkey & Cheese Sandwich, Cheese Stick, Peaches, Sw. Potato Fries, Salad, and Milk Snack Pretzels & Juice</p>	<p>Breakfast Cereal Juice & Milk Lunch Chicken Nuggets, Broccoli, Applesauce, Tater Tots, & Milk Snack Tostitos w/ Cheese & Water</p>	<p>Breakfast Cereal, Fruit Cocktail & Milk Lunch Spaghetti, Roll, Fruit Cocktail, Carrots, Green Peas Snack Cheese Stick & Juice</p>	<p>Breakfast Pancakes Pears & Milk Lunch Bologna & Cheese Sandwich, Banana, Carrot, Green Peas, and Milk Snack Cheesy Popcorn & Juice</p>
Monday, January 29	Tuesday, January 30	Wednesday, January 31	<p>Try not to grow up too fast on us.</p> <p>The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!</p>	
<p>Breakfast Bagel Pears & Milk Lunch Cheese Pizza, Salad, Grapes, and Corn with Milk Snack Snack Mix & Juice</p>	<p>Breakfast Cereal Apple Slices & Milk Lunch Sloppy Joe Sandwich, Mandarin Oranges, Salad & Sw. Potato Fries Snack Yogurt and Banana w/ Water</p>	<p>Breakfast Blueberry Muffin Fruit Cocktail & Milk Lunch Chicken Sandwich, Applesauce, Broccoli, Tater Tots & Milk Snack Sun Chips and Juice</p>		