



# Snow Blowers



## DO IT FOR YOU, TOO.

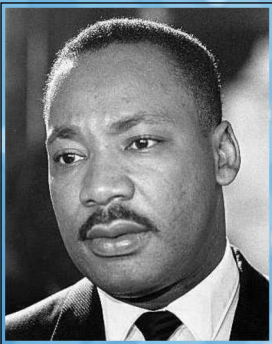
Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-



confidence, teach job skills, combat depression,

and increase physical activity among volunteers of all ages. That's a wellness win-win!

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



*Martin Luther King, Jr.'s Birthday is commemorated this year on Monday, January 19*

**Tuesday, January 20**

### Lunch

- Cheese Pizza
- Hamburger on Bun
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Sweet Corn
- Chilled Applesauce
- Cold Milk

**Wednesday, January 21**

### Lunch

- Chicken & Waffles
- Toasted Cheese Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Candied Sweet Potatoes
- Craisins
- Cold Milk

**Thursday, January 22**

### Lunch

- Mini Corn Dogs
- BBQ Grilled Chicken Sandwich
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Tator Tots
- Frozen Juice Cup
- Cold Milk

**Friday, January 23**

### Lunch

- Toasted Ravioli & Bosco Stick
- Turkey & Cheese Wrap
- Chef Salad & Bosco Stick
- Deli Sandwich
- Steamed Broccoli
- Fresh Apple
- Cold Milk



**Monday, January 26**

### Lunch

- Sausage, Egg & Cheese Croissant\*
- Sloppy Joe Sandwich
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Green Beans
- Chilled Pears
- Cold Milk

**Tuesday, January 27**

### Lunch

- Soft Chicken Tacos
- Cheese Quesadilla
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Ranchero Beans
- Chilled Applesauce
- Cold Milk

**Wednesday, January 28**

### Lunch

- Snowman Pretzel, Popcorn
- Chicken & Queso
- Sub Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Seasoned Carrots
- Chilled Peaches
- Cold Milk

**Thursday, January 29**

### Lunch

- Orange Chicken & Fried Rice
- BBQ Ribette Sandwich\*
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Steamed Broccoli
- Chilled Pineapple
- Fortune Cookie
- Cold Milk

**Friday, January 30**

### Lunch

- Chili w/Goldfish Crackers
- Breaded Chicken Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Sweet Corn
- Orange Smiles
- Tiger Bites
- Cold Milk

