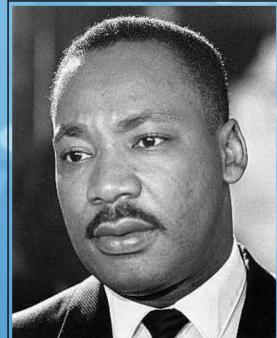




# Snow Blowers



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



# 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!**

