

## Food Bytes

### Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.  
<http://health.gov/dietaryguidelines>

# Breakfast Menu for January 2018 *Basilica School of Saint Paul*

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
HAPPY NEW YEAR NO SCHOOL	Winter Break NO SCHOOL	Winter Break NO SCHOOL	Winter Break NO SCHOOL	Winter Break NO SCHOOL
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Grits Cubed Cheese Banana	Cereal (Lucky Charms or Cheerios) String Cheese Fruit Juice	Breakfast Pizza Fresh Fruit	Pancakes w/ Syrup Fruit Juice Fresh Fruit String Cheese	Cheese Toast Fruit Juice
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
No School Martin Luther King Jr. Day	Oatmeal Sausage Fruit Juice	Breakfast Burrito w/ Salsa Fruit Juice	Breakfast Pizza Fresh Sliced Fruit	Cereal Fruit Juice Turkey Sausage
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Cereal String Cheese 100% Fruit Juice	Bacon Toast Fruit Juice	Biscuit Bacon (Turkey) Fresh Fruit	Breakfast Casserole or Cereal Fruit Juice or Whole Fruit String Cheese	Breakfast Pizza Fruit Juice Fresh Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
Breakfast Burrito or Cereal Fruit Juice	Chicken and Waffles 100% Fruit Juice w/ syrup	Breakfast Burrito w/ Salsa Fresh Whole Fruit	Cinnamon Toast Sausage Fruit Juice	Breakfast Pizza Fruit Juice Sliced Banana and Strawberries w/ whipped topping

## January

- Pear Month
- Tropical Fruits Month

Source: [www.fns.usda.gov](http://www.fns.usda.gov)



Menu by S. Robinson, Certified Food Service Manager  
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# Lunch Menu for January 2018

Basilica School of Saint Paul

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
HAPPY NEW YEAR  NO SCHOOL	Winter Break  NO SCHOOL	Winter Break  NO SCHOOL	Winter Break  NO SCHOOL	Winter Break  NO SCHOOL
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Hot Dog w/ Bun Corn Grape Juice (100% Fruit Juice)	Spaghetti w/ Pasta Sauce String Cheese Sliced Bread Pineapple Tidbits	Beef Patty w/ Gravy Rice Fresh Sliced Apples 100% Fruit Juice	Mac N Cheese Orange Slices Celery Stick w/ Ranch Dressing	Cheese Pizza Fresh Salad 100% Fruit Juice
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
No School  Martin Luther King Jr. Day	Taco Tuesday Salad Fresh Fruit Cup	Chicken And Rice Green Beans Banana	Beans and Weanies Cornbread Apple Juice	Cheese Pizza Fresh Salad Fruit Juice
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Large Mac N Cheese Celery w/ Ranch 100% Fruit Juice	Beef Steak w. Gravy Rice Mixed Vegetables Mixed Tropical Fruit	Wacky Wednesday (Students will Choose 3 Break- fast Items) 100% Fruit Juice	Sheppard's Pie (Ground Turkey) Glazed Carrots	Cheese Pizza Carrots Mixed Fruit Ice Cream
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
Chicken Tenders Tatar Tots Tropical Fruit	Turkey and Cheese Sliders 100% Fruit Juice	Cheese Burrito Corn Fresh Whole Fruit	Baked Chicken Mashed Potatoes Sliced Bread Fruit Juice	Cheese Pizza Salad Fruit Juice

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