

Welcome to the New Year!

# 2026

## Menus for January

**FSD5 Johnsonville Elementary and PDCAP Headstart**

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



**Put me in my place!**

*Is the tomato a fruit or a vegetable?*



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, January 12**

**Breakfast**

Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

**Tuesday, January 13**

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Walking Taco  
Black Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 14**

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Chicken Noodle Soup  
Grilled Cheese  
Veg Sticks  
Fruit & Milk Choice

**Thursday, January 15**

**Breakfast**

Eggs & Grits or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Teriyaki Chicken w/ Rice  
Glazed Carrots,  
Celery Sticks, Roll  
Fruit & Milk Choice

**Friday, January 16**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

**Tuesday, January 6**

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Mexican Pizza  
Pinto Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 7**

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Beefy Macaroni  
Corn  
Salad w/ Ranch  
Breadstick  
Fruit & Milk Choice

**Thursday, January 8**

**Breakfast**

Biscuits and Gravy or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Chicken Nuggets  
Mac n Cheese, Carrots w/  
Ranch, Roll  
Fruit & Milk Choice

**Friday, January 9**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Hot Dog, Chips, Carrot w/  
Ranch  
Fruit & Milk Choice

**STUCK.**

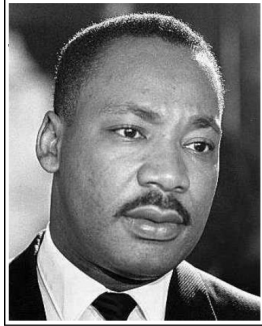
We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your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

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



**Pro Football playoffs start Saturday, Jan. 10.**  
**What team will wear the crown?**

Monday, January 19



*School will be closed today  
in honor of the birthday of  
Martin Luther King, Jr.*

Tuesday, January 20

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Mexican Pizza  
Pinto Beans  
Salad w/ Ranch  
Fruit & Milk Choice

Wednesday, January 21

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Steak & Gravy  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

Thursday, January 22

**Breakfast**

Biscuits and Gravy or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Fried Chicken  
Mac n Cheese,  
Green Beans,  
Fruit & Milk Choice

Friday, January 23

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Corn Dog,  
French Fries,  
Veg Sticks  
Fruit & Milk Choice

**Q: What do these six different  
foods have in common?**  
Pears Popcorn Nuts Beans  
Whole Grains Broccoli

These foods might seem very different, but they're  
all good sources of a substance that's important for  
a healthy diet. To discover the answer, find and  
color all of the letters in each word on the list, and  
then unscramble the leftover letters to learn the  
name of the magical substance they all share!



**ANSWER:** \_\_\_\_\_

Monday, January 26

**Breakfast**

Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

Tuesday, January 27

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Beef Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

Wednesday, January 28

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Vegetable Soup  
Grilled Cheese  
Veg Sticks  
Fruit & Milk Choice

Thursday, January 29

**Breakfast**

Eggs & Grits or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
Or  
Garlic Parm Wings  
Mac n Cheese, Carrots w/  
Ranch, Roll  
Fruit & Milk Choice

Friday, January 30

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

# LICENSE TO KRILL

Penguins love to gobble krill (tiny  
shrimp-like creatures), and they  
also eat squid and fish. Various  
species of penguins prefer  
different types of food and  
hunt at different levels in the  
water, which reduces competition  
for food. A penguin chick is fed  
by both its mother and father  
until it can hunt for itself.



**ANIMAL APPETITES**



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!

**STRANGE**  
**BUT TRUE!**



Source: Geographer