



# Snow Blowers

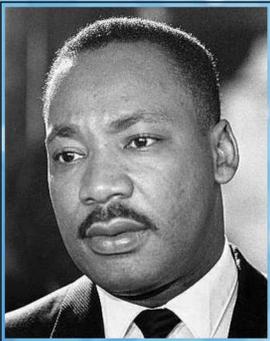


## DO IT FOR YOU, TOO.

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**

**Breakfast**  
Cheesy Chicken Biscuit

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

**Wednesday, January 21**

**Breakfast**  
Cinnamon Roll

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

**Thursday, January 22**

**Breakfast**  
Yogurt Parfait  
& Oatmeal Bar

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

**Friday, January 23**

**Breakfast**  
Pancake Sausage Stick\*

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



**Monday, January 26**

**Breakfast**  
Mini Pancakes & Syrup  
**Lunch**  
-Sausage, Egg & Cheese  
Croissant\*  
-Sloppy Joe Sandwich  
-Popcorn Chicken Salad &  
Bosco Stick  
-PBJ Sandwich  
Green Beans  
Chilled Pears  
Cold Milk

**Tuesday, January 27**

**Breakfast**  
Bacon, Egg & Cheese Biscuit\*

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

**Wednesday, January 28**

**Breakfast**  
Trix Cereal Muffin

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

**Thursday, January 29**

**Breakfast**  
Banana Bread

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

**Friday, January 30**

**Breakfast**  
French Toast Sticks & Syrup

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

