



Did you know—If you see a menu item in **green**, it's **local**, if you see it in **blue**, the meal has **international influence** and if you see it in **orange** it is a **Fresh Feature Friday** winner!



JANUARY FRESH BAR MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Break</p> <p>No School</p>	<p>3</p> <p>Side Caesar Salad Fresh Local Pear</p>	<p>4</p> <p>Baby Carrot Fresh Cantaloupe Wedge</p>	<p>5</p> <p>Celery Sticks Fresh Orange Wedges</p>	<p>6</p> <p>Broccoli Florets Fresh Local Apple</p>
<p>9</p> <p>Cucumber Coins Fresh Banana</p>	<p>10</p> <p>Side Caesar Salad Fresh Local Pear</p>	<p>11</p> <p>Baby Carrot Fresh Cantaloupe Wedge</p>	<p>12</p> <p>Celery Sticks Fresh Orange Wedges</p>	<p>13</p> <p>Broccoli Florets Fresh Local Apple</p>
<p>16</p> <p>Martin Luther King, Jr. Day</p> <p>No School</p>	<p>17</p> <p>Side Caesar Salad Fresh Local Pear</p>	<p>18</p> <p>Baby Carrot Fresh Cantaloupe Wedge</p>	<p>19</p> <p>Records Day</p> <p>No School</p>	<p>20</p> <p>Inauguration Day</p> <p>No School</p>
<p>23</p> <p>Cucumber Coins Fresh Banana</p>	<p>24</p> <p>Side Caesar Salad Fresh Local Pear</p>	<p>25</p> <p>Baby Carrot Fresh Cantaloupe Wedge</p>	<p>26</p> <p>Celery Sticks Fresh Orange Wedges</p>	<p>27</p> <p>Broccoli Florets Fresh Local Apple</p>
<p>30</p> <p>Cucumber Coins Fresh Banana</p>	<p>31</p> <p>Side Caesar Salad Fresh Local Pear</p>			



Fill Up on Fruits & Veggies!

Did you know that half of your plate should be filled with fruits and vegetables? Now you can use the Fresh Bar to fill up your plates with fun! Each day you can choose from different color fruits and veggies. There are 5 color groups to choose from: **blue/purple**, **green**, **white**, **yellow/orange**, and **red**. **Can you eat all 5?**