

Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow.





Name _____ Grade _____



JANUARY 2017

The Lippman School



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>2</p> <p>NO SCHOOL Winter Break</p>	<p>3</p> <p>Hamburgers French Fries Cucumbers Pineapple</p>	<p>4</p> <p>BBQ Chicken Rice Mixed Veggies Orange Slices</p>	<p>5</p> <p>Bow Tie Pasta w/Cheese Broccoli Pears</p>	<p>6</p> <p>Fish Sticks Yogurt Corn Peaches</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>Pasta w/Meat Green Beans Grapes</p>	<p>10</p> <p>Cheese Pierogies Yogurt Fruit Cocktail</p>	<p>11</p> <p>Meatball Mashed Potatoes Peas & Carrots Apple slices</p>	<p>12</p> <p>Baked Lasagna Zucchini Grapes</p>	<p>13</p> <p>Vegetable Soup Potato Latkes Apple Sauce</p>	<p>14</p> 
<p>15</p>	<p>16</p> <p>NO SCHOOL Martin Luther King Jr. Day</p>	<p>17</p> <p>Turkey Sandwich Veggie Soup Sliced Oranges</p>	<p>18</p> <p>Macaroni & Cheese Broccoli Pineapple</p>	<p>19</p> <p>Chicken Nuggets Rice Pilaf Peas Mandarin Oranges</p>	<p>20</p> <p>Veggie Patty w/Bun Corn Apple Sauce</p>	<p>21</p> <p>Lippman & ECE Winter Bash 7:30 PM</p>
<p>22</p> 	<p>23</p> <p>Baked Ziti Cucumber Yogurt/ Peaches</p>	<p>24</p> <p>Baked Chicken Mashed Potatoes Corn Pineapple</p>	<p>25</p> <p>Chinese Chicken Rice Broccoli Mandarin Oranges</p>	<p>25</p> <p>Grilled Cheese Tomato Soup Fruit Cocktail</p>	<p>27</p> <p>Sloppy Joes w/Bun Tater Tots Green Beans Pears</p>	<p>28</p> 
<p>29</p>	<p>30</p> <p>Beef Taco Spanish Rice Cantaloupe</p>	<p>31</p> <p>Cheese Pizza Fresh Veggies Grapes</p>	