



January 2023

NUTRITION NEWS

Chocolate Milk-Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Alfredo & Chips GF/DF* BBQ Chicken & Potato Wedges	Ballpark Hotdog w/Ketchup & Chips GF/DF* Beef Marinara & Mash	Beefy Spaghetti & Dinner Roll GF/DF* Beefy Spaghetti Gf Roll	Grilled Cheese & Tomato Soup GF/DF* Grilled Cheese –or– Chicken Salad Sandwich & Soup	Cheeseburger with all fixins & Chips GF/DF* Burger Lettuce Wrap & Chips
9	10	11	12	13
Chicken Egg Roll & Veggie Chow Mein GF/DF* Beef & Broccoli Rice	Beefy Mac n’ Cheese & Potato Wedges GF/DF* Sloppy Joe Tater Tot Casserole	Bean & Cheese Burrito, Guacamole, Sour Cream & Spanish Rice GF/DF* Crispy Chicken Taquitos	Grilled Chicken Melt & Broccoli Cheddar Soup GF/DF* Grilled Cheese & Tomato Soup	Pepperoni or Cheese Pizza GF/DF* Pepperoni Pizza
16	17	18	19	20
Loaded Nachos , Spanish Rice & Beans GF/DF* Loaded Nachos , Spanish Rice & Beans	Crispy Fish Sticks, Tartar Sauce French Fries GF/DF* Roasted Turkey & Mashed Potatoes	Chicken Nuggets & Mashed Potatoes & Gravy GF/DF* BBQ Pulled Pork Chili Mashed Potatoes	Beefy Goulash & Corn Chips GF/DF* Beefy Vegetables & Rice	Crispy Chicken Sandwich & Chips GF/DF* Grilled Chicken Sandwich Lettuce Wraps
23	24	25	26	27
Roasted Turkey with Mashed Potatoes & Gravy GF/DF* Roasted Turkey with Mashed Potatoes & Gravy	BBQ Mac & Cheese Potato Wedges GF/DF* Sloppy Joe Tater Tot Casserole	Ham & Cheese Scramble with Tater Tots GF/DF* Ham & Veggie Scramble Tater Tots	Orange Chicken & Fried Rice GF/DF* Chicken Fried Rice & Stir Fry Vegetables	Pepperoni or Cheese Pizza GF/DF* Pepperoni Pizza
30	31			
Chicken Alfredo & Chips GF/DF* Chicken Alfredo & Chips	Cheeseburger with all fixins & Chips GF/DF* Burger Lettuce Wrap & Chips			

ENTRÉE COMES WITH: (Grades K - 3rd) Fruit, Vegetables & Milk / (Grades 4th - 12th) Full Salad Bar & Milk

DAILY LUNCH ALTERNATIVE: Sunbutter Sandwich with Fruit & Veggies/Salad Bar

GF/DF* *Reserved for students with Dr’s note

Student Meal Pricing: \$3.40 Lunch / \$0.50 Milk à la carte

*Daily menu subject to change pending supply chain & participation; contact front office for menu confirmation if required.



TREASURE VALLEY
CLASSICAL ACADEMY

A Classical Education for Modern Times

Why it’s important for families to cook together

With an increasing number of distractions in today’s world, it has become the “new norm” to order out or throw a frozen dinner in oven and call it a day.

However, the importance of a home-cooked meal is about more than just filling up our belly.

Here are 7 important reasons why cooking together really matters:

- 1. Disconnecting from electronics:** Promotes family bonding. Cooking together is an easy way to get kids to unplug from devices and interact.
- 2. Measurements:** Converting recipes requires math and science skills practiced in school.
- 3. Cleanliness:** Having the whole family clean after cooking unifies the family and instills respect for the household.
- 4. Introduce your picky eaters to new foods:** Kids who have finicky plates are more likely to eat the foods they participate in cooking.
- 5. Gratitude:** Appreciation for the effort that goes into making meals.
- 6. A life long skill:** If we have to do something every day, we should be good at it. Since we eat everyday, it’s only appropriate to learn this skill.
- 7. Health:** While we all know that home-cooked meals can promote better physical health, preparing a new recipe together can create a sense of accomplishment and result in positive mental health.