Menu for January 2021

Falcon Facts

Be Active!

Kids and teens should get 60 minutes of moderate to vigorous daily activity. Why?

Physical activity can help you:

- Feel better—you have more energy. Exercise endorphins help you feel happy. You sleep better, too.
- Manage weight.
- Lower your risk for high blood pressure and type 2 diabetes—not just adult problems. Kids can have them, too.
- Strengthen your bones.
- Build your muscles, including your heart.

Interested yet? What can you do?

- To be fit, do aerobic, strength and flexibility exercises. Aerobic exercise (biking, dancing, swimming) gets your heart pumping and makes you breathe a little harder. Strengthening your muscles (squats, push-ups, crunches) helps you be active for longer without getting worn out. It also helps prevent injuries. Flexibility exercises (yoga, (stretching, martial arts) helps your muscles and joints bend more easily.
- Do activities you enjoy. Like company? Involve your friends and family.
- Check with your doctor before starting a new exercise program.

Get moving. Have fun.
http://kidshealth.org

				Friday, January 1
Monday, January 4	**Tuesday, January 5**	**Wednesday, January 6**	**Thursday, January 7**	**Friday, January 8**
Precautionary Measures School moved to online platform to ensure students and staff all fulfilled 14 quarantine after Holiday travel.	Precautionary Measures School moved to online platform to ensure students and staff all fulfilled 14 quarantine after Holiday travel	Precautionary Measures School moved to online platform to ensure students and staff all fulfilled 14 quarantine after Holiday travel	Precautionary Measures School moved to online platform to ensure students and staff all fulfilled 14 quarantine after Holiday travel	Precautionary Measures School moved to online platform to ensure students and staff all fulfilled 14 quarantine after Holiday travel
Monday, January 11	**Tuesday, January 12**	**Wednesday, January 13**	**Thursday, January 14**	**Friday, January 15**
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Monday, January 18	**Tuesday, January 19**	**Wednesday, January 20**	**Thursday, January 21**	**Friday, January 22**
Pork/Sausage Fried Rice Ham/Cheese Sandwiches Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Pad kra-pow (pork) Stir Fried Pork (oyster sauce) Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Chicken Teriyaki Burger Chips Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	BBQ Pork with Red Sauce Radish Soup Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Macaroni-Cheese with Bacon Garlic Bread Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food
Monday, January 25	**Tuesday, January 26**	**Wednesday, January 27**	**Thursday, January 28**	**Friday, January 29**
Stewed Pork Leg and eggs in Star Anise Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Pulled Pork Burger Chips Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Chicken with Cream Sauce Garlic Bread Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Pork Curry (Northern) Chicken Soup Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food	Hoisin Noodle Radish Soup Daily: Noodle Bar Salad Bar Thai Omelette Vegetarian Food