



# JANUARY 2023

Specials from The Lunch Lady

## Healthy Tip of the Month

Did you know that lack of sleep can make you crave certain foods, like carbohydrates because your body is looking for the energy it needs that would have come from getting enough sleep.

How much sleep is enough? It depends. Experts say at least 9 hours. Kids who sleep enough get better grades, don't get sick as often, are less cranky and more likely to eat right.

We are excited to ring in 2023 doing what we love - serving wholesome food to your children. We've got some specials to kick off the new year that your kids are going to love!

## LUNAR NEW YEAR



We've added some tasty items to our menu this year to celebrate the Year of the Rabbit featuring Sweet and Sour Chicken Nuggets served with whole grain rice and steamed veggies. Dietary needs? No problem, we have more options available.

## POP-UP SPECIAL



Try our new Crispy Flatbread with Cheese. Made with fresh dough, seasoned tomato sauce and a delicious light crust, it's topped with a 3-cheese blend of mozzarella, cheddar and monteray jack.

## READY TO ORDER?

[Login](#) to see the specials available in your school.

Have questions or need help? Your [local Lunch Lady kitchen](#) will be pleased to provide support.