

Safe * Organized * Accountable * Respectful

Eagle Snapshot



Jan. 26
2021

American Heart Association—Kids Heart Challenge



Dear John Muir Families -

The **Kids Heart Challenge** has officially kicked off! Our school is participating in a Classroom Challenge to have the most students registered for Kids Heart Challenge online, and I hope our class can win! You can download the FREE Kids Heart Challenge App for [Apple](#) or [Android](#) or visit <http://www2.heart.org/goto/johnmuir> to register your child. When registering, your child will take one of three healthy challenges – **Move More, Be Kind, or Choose Water!** And they will earn a FREE decoder wristband. So, be like Dash, who likes to Move More, and RUN to your computer or phone to sign up now! Then use the family fitness tracker in your headquarters to Move More as a family and track your activity minutes! Thank you for empowering our students to have happy and healthy hearts!

Click here to access the online envelope to see what other gifts you can earn, and how to get started today! https://www2.heart.org/site/SPageNavigator/ym_khc_get_started_guide.html

SPECIAL SCHOOL INCENTIVES: Any student who raises \$50 gets to SLIME Mr. Collins!!!!



Next Steps:

1. Go online or download the app (you can scan the QR Code to be taken directly to your school page!)
2. Register and take a challenge
3. Send 10 emails

Dates To Remember

CP/Min. Days	2/10, 3/3
Holidays	2/5, 2/15
Spring Break	3/15-3/26

**Well done Big Basin! You
are the house
winners for
the past week!**



SUPPORT FOR OUR PARENTS/GUARDIANS

from our Elementary School Counseling Team

This new parent/counselor support team is designed to foster a collaborative relationship between school counselors and the community.

The goal is to:

- Provide tools that will support students with the stresses of Distance Learning
- Empower and energize parents/guardians
- Build a community of support for students and their families

**PLEASE JOIN OUR ELEMENTARY SCHOOL
COUNSELING TEAM VIA ZOOM.**

**FEBRUARY 4
5 P.M.**



**[HTTPS://ZOOM.US/J/958303
38581?](https://zoom.us/j/95830338581?pwd=V3VTVnlfenVsbVJ1OEKxYlFAU3h4ZZ09)**

**PWD=V3VTVNLFENVSbVJ1OE
KXYLFAU3H4ZZ09**

**MEETING ID: 958 3033 8581
PASSCODE: 1234567**



NUTRITION SERVICES LODI UNIFIED SCHOOL DISTRICT

K-8 January 2021 Menu

* Vegetarian
** Vegetarian Option Available
Contains Pork

This menu will run
January 4—31

Week 1 1/11—1/17

More than half
of our Grains
are 100%
Whole Grain
Rich

1% White Milk
and Non Fat
Lactaid Available
Daily.

Week 2 1/18—1/24

Menu Items
Subject to
Substitution by
Items of Equal
Nutritional
Value

Week 3 1/4—1/10 1/25—1/31

This
Institution is
an Equal
Opportunity
Provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
Breakfast: Assorted Breakfast Bars w/Graham Cracker*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Chef's Choice Homemade Drop Biscuit*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Homemade Double Chocolate Cafe Muffin*, Fruit, Milk
Lunch: Mexi-Pocket*, Fruit, Vegetables, Milk	Lunch: Jalapeno Cheese w/Chips Protein Meal*, Fruit, Vegetables, Milk	Lunch: Pancakes w/ Sausage**, Fruit, Vegetables, Milk	Lunch: Turkey Sandwich**, Fruit, Vegetables, Milk	Lunch: Pulled Pork Sandwich**, Fruit, Vegetables, Milk
After School Program Meal: Sunflower Seed Protein Meal*, Fruit, Vegetable, Milk	After School Program Meal: Tuna Protein Meal**, Fruit, Vegetables, Milk	After School Program Meal: Yogurt Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Sandwich Protein Meal*, Fruit, Vegetables, Milk
Snack: Fresh Apple, Low Fat Milk	Snack: Chef's Choice Muffin, Low Fat Milk	Snack: Goldfish Crackers, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk	Snack: Cheez-it Crackers, Low Fat Milk
WEEK 2				
Breakfast: Assorted Breakfast Bars w/Graham Cracker*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Scratch Apple Oat Muffin*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Homemade White Chocolate Chip Cranberry Scone*, Fruit, Milk
Lunch: Cheese Pizza*, Fruit, Vegetables, Milk	Lunch: Jalapeno Cheese w/Chips*, Protein Meal*, Fruit, Vegetables, Milk	Lunch: Crispy Chicken Tenders**, Fruit, Vegetables, Milk	Lunch: Deli Ham & Cheese Sandwich**, Fruit, Vegetables, Milk	Lunch: All Beef Hot Dog**, Fruit, Vegetables, Milk
After School Program Meal: Sunflower Seed Protein Meal*, Fruit, Vegetable, Milk	After School Program Meal: Tuna Protein Meal**, Fruit, Vegetables, Milk	After School Program Meal: Yogurt Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Sandwich Protein Meal*, Fruit, Vegetables, Milk
Snack: Chocolate Muffin, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk	Snack: Chef's Choice Biscuit, Low Fat Milk	Snack: Graham Cracker, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk
WEEK 3				
Breakfast: Assorted Breakfast Bars w/ Graham Cracker*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Chef's Choice Homemade Cafe Muffin*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Scratch-made Blueberry Oat Muffin*, Fruit, Milk
Lunch: Cheese Pizza*, Fruit, Vegetables, Milk	Lunch: Jalapeno Cheese w/Chips Protein Meal*, Fruit, Vegetables, Milk	Lunch: Chicken Patty Sandwich**, Fruit, Vegetables, Milk	Lunch: Deli Ham & Cheese Sandwich**, Fruit, Vegetables, Milk	Lunch: Chef's Choice Asian Chicken**, Fruit, Vegetables, Milk
After School Program Meal: Sunflower Seed Protein Meal*, Fruit, Vegetable, Milk	After School Program Meal: Tuna Protein Meal**, Fruit, Vegetables, Milk	After School Program Meal: Yogurt Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Sandwich Protein Meal*, Fruit, Vegetables, Milk
Snack: Cheez-it Crackers, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk	Snack: Goldfish Crackers, Low Fat Milk	Snack: Apple Oat Muffin, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk

Breakfast Consists of: 1 Grain, Meat/Meat Alternative or Additional Grain, Fruit, Milk

Lunch and After School Meals Consist of: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk

Snack Consists of 2 of the Following: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk

Weekend Meals

Breakfast: Cereal, pastry or yogurt, plus fruit, milk

Lunch: Chicken corn dog minis** or ham & cheese sub.
sandwich**, plus fruit, vegetables, milk

After School Meal: Chicken tacos**, fruit, veggies, milk

Snack: Apple, milk