January 2025 Good Morning Announcements!

The Good Morning Announcements are provided by the Nutrition Educators of Pick a better snack.

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| Monday  12/30 | Tuesday  12/31 | Wednesday  1/1 | Thursday  1/2 | Friday  1/3 |
|  |  | **No School** | Welcome back to school!  I hope you enjoy your School Breakfast and Lunch! | Remember to get your exercise in!  What is your favorite physical activity to do in the snow? |
| Monday  1/6 | Tuesday  1/7 | Wednesday  1/8 | Thursday  1/9 | Friday  1/10 |
| **National Bean Day!**  Beans are packed with protein to helps our muscles, bones, skin, and hair grow strong! | Water makes up about 60% of your body weight! How much water do you drink in a day? | **Q:** What does a tightrope walker have in the mornings?  **A:** A balanced breakfast! | **Did you know?**  There are over 400 different kinds of beans! What is your favorite kind of beans? | **Q:** What do you call a pea that woke up on the wrong side of the bed?  **A:** Grum-pea! |
| Monday  1/13 | Tuesday  1/14 | Wednesday  1/15 | Thursday  1/16 | Friday  1/17 |
| Breakfast is the most important meal of the day as it gives you energy for the day! What do you like to eat for breakfast? | **Did you know?**  Chickpeas and Garbanzo beans are the same thing! This bean is used to make hummus! | We want to move our bodies at least 1 hour per day! How do you like to keep your body warm and moving in the winter? | **No School** | **No School** |
| Monday  1/20 | Tuesday  1/21 | Wednesday  1/22 | Thursday  1/23 | Friday  1/24 |
| **No School** | Yesterday was **National Cheese Lover’s Day!**  Cheese contains calcium which helps our bones stay strong! What is your favorite kind of cheese? | Beans are one of the oldest crops in the world! They date back 7,000 years in some parts of the world. | **Q:** What do snowmen eat for lunch?  **A:** Icebergers! | **National Peanut Butter Day!**  Peanut butter is a great source of protein! Peanut butter with apples makes a great after school snack! |
| Monday  1/27 | Tuesday  1/28 | Wednesday  1/29 | Thursday  1/30 | Friday  1/31 |
| Smoothies can be made with lots of different fruits and vegetables.  What would you use to make a smoothie? | **Q:** Why did the bacon laugh?  **A:** Because the egg cracked a yoke! | Beans are available dried, canned, or frozen! What do you like to eat beans with? | **Q:** What does Peter Pan have for breakfast?  **A:** Pan-cakes! | Make a new friend today! You can start by asking them what their favorite food is! |