



*distributed 12/20/2017*

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAY ALGO PARA TODOS

## PROGRAMAS DE INVIERNO EN EL PENINSULA FAMILY YMCA

En el YMCA, ofrecemos muchos programas para jóvenes de toda edad - artes marciales, clases de baile, lecciones de natación, campamentos, ¡y más! Regístrese en el escritorio central o en línea: [www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)

REGÍSTRESE EN LÍNEA [WWW.YMCASF.ORG/PENINSULA](http://WWW.YMCASF.ORG/PENINSULA)

### DEPORTES Y MOVIMIENTO

#### DEPORTES

- Vista previa de deportes para infantes 1/27-3/3
- Liga de baloncesto juvenil 1/22-3/17
- Clinica de baloncesto 1/6-1/13
- ¡Nuevo! lecciones Privadas de Béisbol y Baloncesto
- Clinica de voleibol 2/4-3/11

#### ARTES MARCIALES

- Kajukenbo 1/9-3/22
- ¡Nuevo! Judo y Jujitsu 1/9-3/22

#### CLASES DE BAILE

- Introduccion a baile 1/20-3/24
- Ballet 1/13-3/24
- Hip Hop 1/13-3/24

### NATACIÓN

#### LECCIONES DE NATACIÓN

- Sesión 13 12/11-12/23
- Lecciones de natación durante feriados 12/26-12/28
- 2018 sesión 1 1/8-1/28
- 2018 sesión 2 1/29-2/25

#### EQUIPO DE NATACIÓN

- Equipo de pre-natación y equipo de natación ¡Abierto durante todo el año!

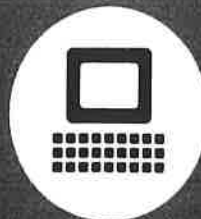
### DIVERSION CON LA FAMILIA

#### EVENTOS

- Construcción de casas de jengibre Sábado, 12/16
- Fiesta con la familia de los años 90 Sábado, 1/13
- Noche de pintar con la familia Sábado, 2/10

### CAMPAMENTO DE INVIERNO

- Camp Invention 12/26-12/29
- Kids in the Kitchen 1/2-1/5
- All Ball 1/8
- Mad Science 2/19
- Happy Unbirthday! 3/12



Se requiere registraci3n para todos los programas. Para m1s informaci3n sobre los programas y precios, visítenos en l3nea:

[www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)

Peninsula Family YMCA 1877 South Grant Street, San Mateo, CA 94402 [www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)



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# THERE'S SOMETHING FOR EVERYONE

## WINTER PROGRAMS AT PENINSULA FAMILY YMCA

The Peninsula Family YMCA has a lot to offer for youth of all ages – Martial arts, dance lessons, swim lessons, day camp, and more! Register at the front desk or online at [www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)

REGISTER ONLINE AT [WWW.YMCASF.ORG/PENINSULA](http://WWW.YMCASF.ORG/PENINSULA)

### SPORTS & MOVEMENT

#### SPORTS

- Pee Wee Sports Sampler  
1/27-3/3
- Youth Basketball League  
1/22-3/17
- Basketball Clinic  
1/6-1/13
- NEW! Private Baseball & Basketball Lessons
- Volleyball Clinic  
2/4-3/11

#### MARTIAL ARTS

- Kajukenbo  
1/9-3/22
- NEW! Judo & Jujitsu  
1/9-3/22

#### DANCE CLASSES

- Intro To Dance  
1/20-3/24
- Ballet  
1/13-3/24
- Hip Hop  
1/13-3/24

### AQUATICS

#### SWIM LESSONS

- Session 13  
12/11-12/23
- Holiday Swim Lessons  
12/26-12/28
- 2018 Session 1  
1/8-1/28
- 2018 Session 2  
1/29-2/25

#### SWIM TEAM

- Pre-Swim Team & Swim Team  
Open all year!

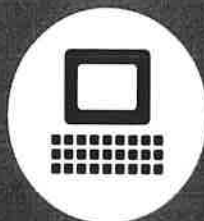
### FAMILY FUN

#### EVENTS

- Gingerbread House Making  
Saturday, 12/16
- Family 90's Party  
Saturday, 1/13
- Family Painting Night  
Saturday, 2/10

### WINTER DAY CAMPS

- Camp Invention 12/26-12/29
- Kids in the Kitchen 1/2-1/5
- All Ball 1/8
- Mad Science 2/19
- Happy Unbirthday! 3/12



Registration is **REQUIRED** for all programs. For more program info and pricing, visit us online at:  
[www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)

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# Menus for January 2018

San Mateo-Foster City School District Child Nutrition Services



This institution is an equal opportunity provider. Menus are subject to change.

## Available Daily

Lunch Hot Entrée's or Yogurt Basket (Yogurt, String Cheese and Crackers) or **WOWBUTTER Sandwich, or Hummus Basket (Hummus, Cheese, Crackers)**


**Fruit and Vegetable**  
Choice of Fat Free Chocolate or 1% White Milk

Menu subject to change



LIVE • LEAD • LEARN

## Elementary School

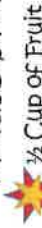
Shoot For The Stars   
with School Lunch!


5 Star Meals Offered Daily

-  Protein
-  Grain
-  Fruit
-  Vegetable
-  Milk



MAGIC STARS



 ½ Cup of Fruit

 ½ Cup of Vegetable

A complete meal must have 3 or more stars

1 STAR must be a **Magic Star**



*distributed 12/20/2017*

*Happy New Year  
and Welcome Back!  
We hope you enjoyed  
your break!*



Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
 <b>No School Today</b>	<b>Breakfast</b> Cereal Fruit 100% Fruit Juice Choice of Milk  <b>Lunch</b> French Toast Sticks Beef Sausage Patty or BBQ Beef Mini Rib Sandwich	<b>Breakfast</b> Cinnamon Glazed Pancake or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk  <b>Lunch</b> Turkey Pepperoni Stuffed Sandwich or BBQ Beef Mini Rib Sandwich	<b>Breakfast</b> Fresh Baked Muffin or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk  <b>Lunch</b> Spaghetti & Beef Meatballs or BBQ Beef Mini Rib Sandwich	<b>Breakfast</b> Mini Waffle or Cereal Yogurt Fruit 100% Fruit Juice Choice of Milk  <b>Lunch</b> Cheese Pizza or BBQ Beef Mini Rib Sandwich





School will be closed  
Monday, January 15  
in recognition of  
Martin Luther King, Jr.'s  
birthday.

Tuesday, January 16

**Breakfast**  
Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Chicken Nuggets  
or  
Chicken Corn Dog

Wednesday, January 17

**Breakfast**  
Breakfast Bun  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Bean and Cheese Burrito  
or  
Chicken Corn Dog

Thursday, January 18

**Breakfast**  
Fresh Baked Muffin  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Turkey Nachos  
or  
Chicken Corn Dog

Friday, January 19

**Breakfast**  
Mini French Toast  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza  
or  
Chicken Corn Dog

Tuesday, January 23

**Breakfast**  
Ultra Cinnamon Toast  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
BBQ Chicken Drumstick with  
Texas Toast  
or  
BBQ Beef Mini Rib Sandwich

Wednesday, January 24

**Breakfast**  
Cinnamon Glazed Pancake or  
Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Breaded Chicken Patty on a  
Whole Grain Bun  
or  
BBQ Beef Mini Rib Sandwich

Thursday, January 25

**Breakfast**  
Fresh Baked Muffin  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Spaghetti & Beef Meatballs  
or  
BBQ Beef Mini Rib Sandwich

Friday, January 26

**Breakfast**  
Mini Waffle or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Cheese Pizza  
or  
BBQ Beef Mini Rib Sandwich

Tuesday, January 30

**Breakfast**  
Mini Pancakes  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

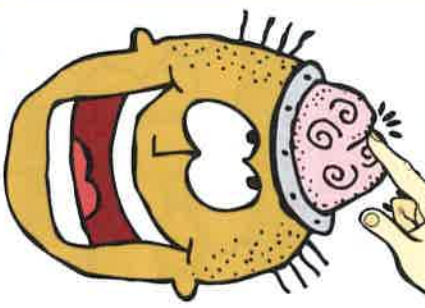
**Lunch**  
Macaroni & Cheese  
or  
Chicken Corn Dog

Wednesday, January 31

**Breakfast**  
Breakfast Bun  
or Cereal  
Yogurt  
Fruit  
100% Fruit Juice  
Choice of Milk

**Lunch**  
Bean and Cheese Burrito  
or  
Chicken Corn Dog

# Brain Ticklers



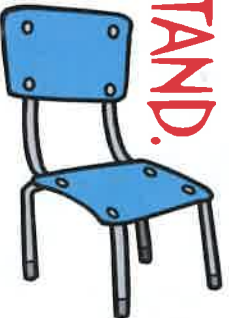
Jimmy's Mom has 4 kids. She named the first Monday, the second Tuesday, and the third Wednesday. What did she name the fourth?

(Hold the page upside down and read it in a mirror for the answer!)

Jimmy!

# TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Prepay On-line!

JANUARY BIRTHDAYS

- Louis Braille -- Jan. 4
- Dr. Martin Luther King -- Jan. 15
- Michelle Obama (53) -- Jan. 17
- Muhammed Ali -- Jan. 17
- Virginia Woolf -- Jan. 25
- Franklin D. Roosevelt -- Jan. 30

Breakfasts

\$1.50

Lunch

\$2.50



mySchoolBucks.com

# HELP!

We need folks like you to work in Child Nutrition Services. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

Call Barbara for more information 650-312-7392