

Menus for
**January
2019**



**WE HAVE your
NEW YEAR'S
RESOLUTION**

Join us every day for
convenient, economical,
healthy meals!

<u>Breakfast</u>	<u>Lunch</u>
\$1.25	\$3.00

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



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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



**Pro Football
playoffs start
Sunday, Jan. 6.
What team will
wear the crown
on Super Bowl
Sunday?**

Available Daily

- CANNED FRUIT OR FRESH FRUIT**
- ASSORTED FRUIT JUICE**
- MILK CHOICES**
- DESSERT CHOICE**
- CHEF SALAD**
- LOADED BAKED POTATO**

Tuesday, January 8

Breakfast
CEREAL W/ MILK
BACON EGG CHEESE BISCUIT

Lunch
BACON BURGER
BACON CHEESE BURGER
TUNA SALAD SANDWICH
W/ CRACKERS
FRENCH FRIES
PINTO BEANS

Wednesday, January 9

Breakfast
BLUEBERRY MUFFIN
SAUSAGE EGG BISCUIT

Lunch
VEGETABLE BEEF SOUP
W/ SANDWICH
HAM & CHEESE HOAGIE
BLACK EYE PEAS

Thursday, January 10

Breakfast
HAM & BISCUIT
CEREAL W/ TOAST

Lunch
CHICKEN SPAGHETTI
GARLIC TOAST
TURKEY & CHEESE HOAGIE
GREEN BEANS
CORN

Friday, January 11

Breakfast
PANCAKE PUP
STRAWBERRY PASTRY

Lunch
BAKED FISH STICKS
HAMBURGERS
BAKED BEANS
COLESLAW

OUR 50 STATES

DELAWARE
"The First State"
Admitted to the Union December 7, 1787 as the 1st State
State Capital: Dover Largest City: Wilmington

Monday, January 14

Breakfast

CINNAMON ROLL
CEREAL W/ MILK
CEREAL BAR

Lunch

CHICKEN FAJITAS W/ RICE
HOT HAM & CHEESE HOAGIE
SWEET POTATO FRIES
REFRIED BEANS

Tuesday, January 15

Breakfast

FRENCH TOAST STICKS
YOGURT PARFAIT

Lunch

BBQ PULLED PORK SAND.
CHEESY CHICKEN OVER RICE
CALIFORNIA VEGGIES
SWEET POTATOES

Wednesday, January 16

Breakfast

BREAKFAST BAGELS
STRAWBERRY PASTRY

Lunch

BEEF A RONI
GARLIC TOAST
TUNA SALAD SAND.
CORN
STEAMED CARROTS

Thursday, January 17

Breakfast

BLUEBERRY MUFFIN
CHICKEN BISCUIT

Lunch

TURKEY & CHEESE WRAP
CHEESEBURGER
STEAMED SPINACH
BAKED BEANS

Friday, January 18

Breakfast

BREAKFAST PIZZA
CEREAL W/ MILK
CEREAL BAR

Lunch

HOTDOG
PIZZA
SWEET POTATO FRIES
BAKED BEANS

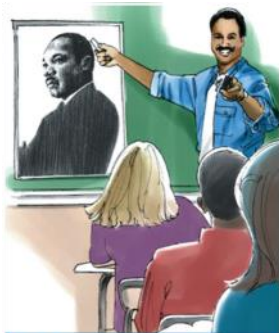


Q • How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

Breakfast

BREAKFAST BREAD
SAUSAGE BISCUIT

Lunch

CHEESEBURGER
BREADED CHICKEN SAND.
STEAMED CARROTS
STEAMED SPINACH

Wednesday, January 23

Breakfast

PANCAKE PUP
CEREAL BAR

Lunch

BAKED ITALIAN CHICKEN
YEAST ROLL
TUNA SALAD SAND.
BLACK EYE PEAS
TOSSED SALAD

Thursday, January 24

Breakfast

CHICKEN BISCUIT
STRAWBERRY PASTRY

Lunch

BBQ PULLED PORK SAND.
HAM & CHEESE WRAP
BAKED BEANS
CORN

Friday, January 25

Breakfast

PANCAKES W/ BACON
CEREAL BAR

Lunch

CHICKEN QUESADILLA
TURKEY HOAGIE
SWEET POTATO
FRENCH FRIES
REFRIED BEANS

Monday, January 28

Breakfast

BREAKFAST BREAD
SAUSAGE BISCUIT

Lunch

CHEESEBURGER
TURKEY SUB
SPICY FRIES
STEAMED SPINACH

Tuesday, January 29

Breakfast

HAM & BISCUIT
BREAKFAST BREAD

Lunch

ITALIAN ROTINI
GARLIC TOAST
HAM & CHEESE HOAGIE
PINTO BEANS
TOSSED SALAD

Wednesday, January 30

Breakfast

BLUEBERRY MUFFIN
CHICKEN BISCUIT

Lunch

TURKEY SLICE W/ GRAVY
YEAST ROLL
TUNA SALAD SANDWICH
MASHED POTATOES
GREEN BEANS

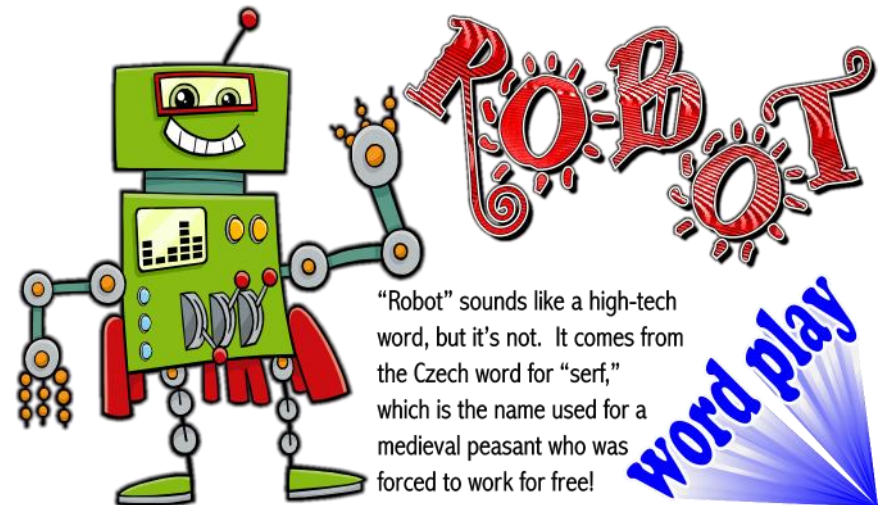
Thursday, January 31

Breakfast

PANCAKE PUP
STRAWBERRY PASTRY

Lunch

BAKED FISH STICKS
HAMBURGER
BAKED BEANS
COLESLAW



"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!