

BALDWIN SCHOOL DISTRICT
K-4

Menus for
January 2019



WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast	Lunch
\$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

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

Snap out of it!



Yes, vacation is over, but we're happy to see you — and it won't be too long until Spring Break!

Welcome Back!

Tuesday, January 8

- Breakfast**
BACON EGG CHEESE BISCUIT W/JELLY
FRENCH TOAST STICKS W/SYURP
- Lunch**
FISH STICKS
TURKEY SUB
POTATO WEDGES
GREEN BEANS

Wednesday, January 9

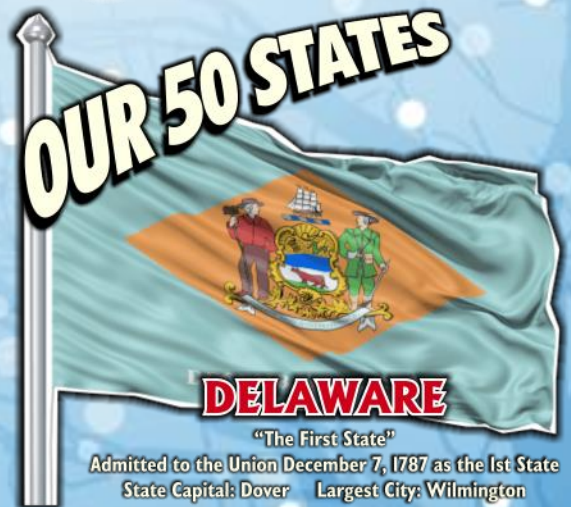
- Breakfast**
CHICKEN BISCUIT W/JELLY CEREAL W/ MILK
- Lunch**
CHEESEBURGER
SOFT TACOS
CORN ON THE COB
PINTO BEANS

Thursday, January 10

- Breakfast**
BREAKFAST PIZZA
MINNI CINIS
- Lunch**
HAM SLICE W/ MAC'N CHEESE
BBQ PULLED PORK SANDWICH
COLE SLAW
BAKED BEANS

Friday, January 11

- Breakfast**
MINI WAFFLES
BLUEBERRY MUFFIN
- Lunch**
GRILLED CHICKEN SANDWICH
HAM & CHEESE WRAP
SWEET PEAS
BROCCOLI W/ CHEESE



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

CHICKEN & BISCUIT W/
JELLY
POP TART

Lunch

CHICKEN QUESADILLA
TURKEY & CHEESE HOAGIE
LIMA BEANS
GLAZED CARROTS

Tuesday, January 15

Breakfast

SAUSAGE EGG CHEESE
BISCUIT W/JELLY
CEREAL BAR

Lunch

CHICKEN NUGGETS W/ DIPP.
SAUCE
ROLL
TUNA SALAD SANDWICH
POTATO WEDGES
SWEET PEAS

Wednesday, January 16

Breakfast

PANCAKE PUP
CEREAL W/ MILK

Lunch

SPAGHETTI W/ GARLIC
TOAST
HAM & CHEESE MELT
GREEN BEANS
CORN

Thursday, January 17

Breakfast

FRENCH TOAST STICKS
BANANA BREAD

Lunch

BEEF RAVIOLI
TURKEY WRAP
MIXED VEGGIES
PINTO BEANS

Friday, January 18

Breakfast

HAM & BISCUIT
POP TART

Lunch

CHEESEBURGER
FISH STICKS
FRENCH FRIES
BLACK EYE PEAS

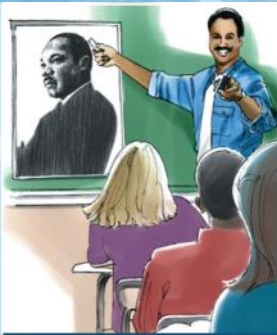


Q • How can you tell if your beans need a shower?!



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

BISCUIT W/ GRAVY
CEREAL W/ MILK

Lunch

HAM SLICE W/ MAC'N
CHEESE
HAMBURGER STEAK W/
GRAVY
ROLL
MASHED POTATOES
COLLARD GREENS

Wednesday, January 23

Breakfast

BREAKFAST PIZZA
PANCAKE PUP

Lunch

BBQ PULLED PORK
SANDWICH
HAMBURGER W/ TRIMMING
COLE SLAW
BAKED BEANS

Thursday, January 24

Breakfast

SAUSAGE & BISCUIT
W/ JELLY
CEREAL BAR

Lunch

MANDARIN CHICKEN OVER
RICE
TURKEY & CHEESE WRAP
BLACK EYE PEAS
TOSSED SALAD

Friday, January 25

Breakfast

FRENCH TOAST STICKS
POP TARTS

Lunch

PIZZA
GRILLED CHICKEN
SANDWICH
FRENCH FRIES
GREEN BEANS

Monday, January 28

Breakfast

BISCUIT W/ GRAVY
MINI CINNIS

Lunch

HOT DOGS
TUNA SALAD W/ CRACKERS
CORN
PINTO BEANS

Tuesday, January 29

Breakfast

BACON EGG CHEESE BISCUIT
BLUEBERRY MUFFIN

Lunch

MEATBALL SUB
TURKEY & CHEESE WRAP
BLACK EYE PEAS
COLESLAW

Wednesday, January 30

Breakfast

MINI WAFFLES
CEREAL W/ MILK

LUNCH

LEMON PEPPER CHICKEN
BACON CHEESEBURGER
GREEN BEANS
MIXED VEGGIES

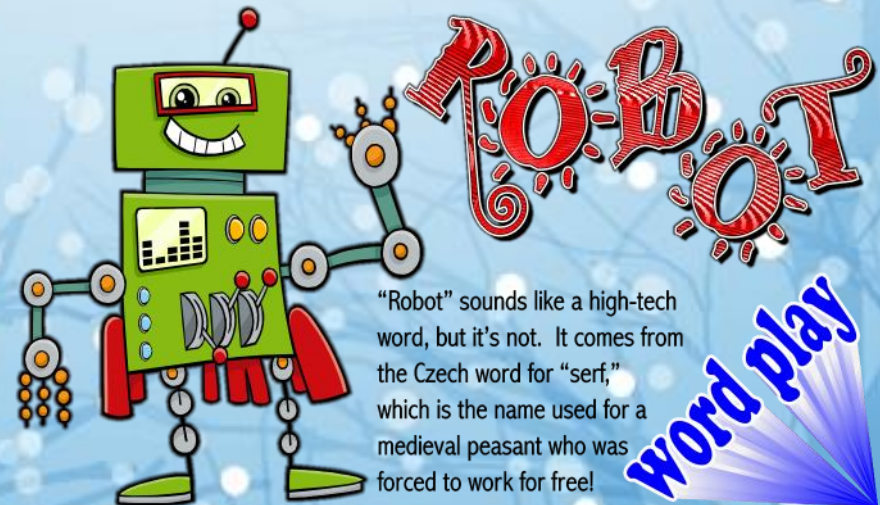
Thursday, January 31

Breakfast

BREAKFAST PIZZA
MINI CINNIS

Lunch

ROTINI PASTA
GARLIC TOAST
HAM & CHEESE HOAGIE
BROCCOLI W/ CHEESE
SWEET POTATO CUBES



“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!