

Menus for January 2019



WE HAVE YOUR NEW YEAR'S RESOLUTION

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

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?

NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS

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

Lunch
TURKEY SUB
POTATO WEDGES

Snack
CHOCOLATE CHIP CRISP
FRUIT JUICE

Wednesday, January 9

Breakfast
CEREAL W/ MILK

Lunch
SOFT TACO
CORN ON COB

Snack
FRESH FRUIT
FRUIT JUICE

Thursday, January 10

Breakfast
MINI CINNIS

Lunch
HAM SLICE W/ MAC'N
CHEESE
BAKED BEANS

Snack
GRAHAM CRACKERS
FRUIT JUICE

Friday, January 11

Breakfast
BLUEBERRY MUFFIN

Lunch
GRILLED CHICKEN
SANDWICH
SWEET PEAS

Snack
STRAWBERRY YOGURT MINI
FRUIT JUICE

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
CHICKEN & BISCUIT W/
JELLY

Lunch
CHICKEN QUESADILLA
LIMA BEANS

Snack
CHOCOLATE CHIP CRISP
FRUIT JUICE

Tuesday, January 15

Breakfast
SAUSAGE EGG CHEESE
BISCUIT W/JELLY

Lunch
CHICKEN NUGGETS W/ DIPP.
SAUCE
ROLL
POTATO WEDGES

Snack
FRESH FRUIT
FRUIT JUICE

Wednesday, January 16

Breakfast
CEREAL W/ MILK

Lunch
SPAGHETTI W/ GARLIC
TOAST
GREEN BEANS

Snack
GRAHAM CRACKERS
FRUIT JUICE

Thursday, January 17

Breakfast
BREAKFAST BREAD

Lunch
BEEF RAVIOLI
GARLIC TOAST
MIXED VEGGIES

Snack
APPLESAUCE
FRUIT JUICE

Friday, January 18

Breakfast
HAM & BISCUIT

Lunch
CHEESEBURGER
FRENCH FRIES

Snack
STRAWBERRY YOGURT MINI
FRUIT JUICE

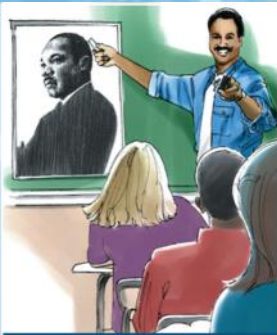


Q • How can you tell if your beans need a shower?!



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
CEREAL W/ MILK

Lunch
HAM SLICE W/ MAC' N
CHEESE
ROLL
COLLARD GREENS

Snack
CHOCOLATE CHIP CRISP
FRUIT JUICE

Wednesday, January 23

Breakfast
PANCAKE PUP

Lunch
BBQ PULLED PORK
SANDWICH
BAKED BEANS

Snack
GRAHAM CRACKERS
FRUIT JUICE

Thursday, January 24

Breakfast
SAUSAGE & BISCUIT

Lunch
MANDARIN CHICKEN OVER
RICE
BLACK EYE PEAS

Snack
APPLESAUCE
FRUIT JUICE

Friday, January 25

Breakfast
FRENCH TOAST STICKS

Lunch
PIZZA
GREEN BEANS

Snack
STRAWBERRY YOGURT MINI
FRUIT JUICE

Monday, January 28

Breakfast
MINI CINNIS

Lunch
TURKEY SUB
CORN

Snack
CHOCOLATE CHIP CRISP
FRUIT JUICE

Tuesday, January 29

Breakfast
BLUEBERRY MUFFIN

Lunch
MEATBALL SUB
COLESLAW

Snack
FRESH FRUIT
FRUIT JUICE

Wednesday, January 30

Breakfast
CEREAL W/ MILK

Lunch
LEMON PEPPER CHICKEN
GREEN BEANS

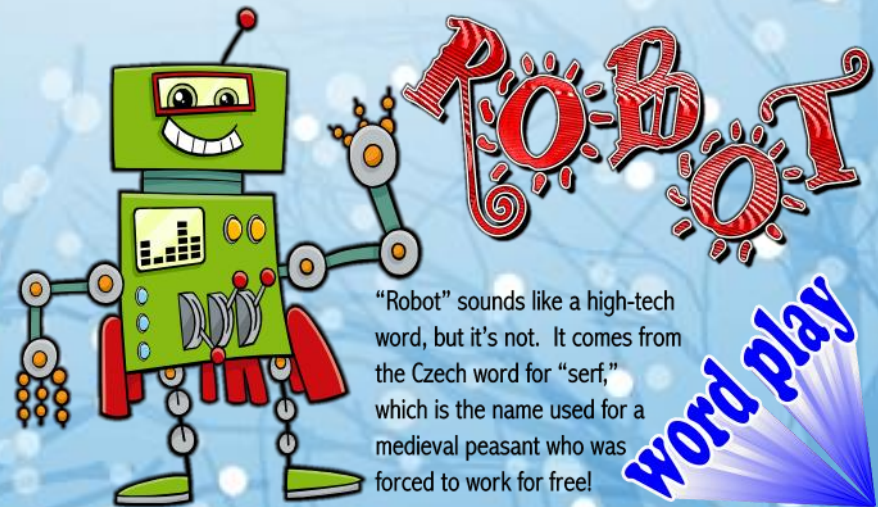
Snack
GRAHAM CRACKERS
FRUIT JUICE

Thursday, January 31

Breakfast
BREAKFAST PIZZA

Lunch
ROTINI PASTA
SWEET POTATO CUBES

Snack
APPLESAUCE
FRUIT JUICE



"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!