

Booker T Washington January 2020 MENU



WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast Lunch
FREE **FREE**

This institution is an equal opportunity provider. Menus Our program is Peanut, Tree nut, Pork, and Shellfish



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!

Thursday, January 2

BREAKFAST
RS Trix, Grahams, Cinnamon Applesauce, 100% Juice
Choice of Milk

LUNCH
Meatballs w/WG Pasta, Tossed Salad, Pears, Choice of Milk

Friday, January 3

BREAKFAST
Honey Scooters, Cheese Stick, Raisins, 100% Juice
Choice of Milk

LUNCH
WGR Chicken Nuggets, WG Bread Slice, Broccoli
Fresh Fruit
Choice of Milk

Choice of Milk - 1% or Skim



Monday, January 6



No School!

Tuesday, January 7

BREAKFAST
Cinnamon Flakes, Grahams, Applesauce, 100% Juice
Choice of Milk

LUNCH
Macaroni & Cheese, WG Bread, Broccoli, Peaches, Choice of Milk

Wednesday, January 8

BREAKFAST
Strawberry Banana Yogurt, Granola, Fresh Fruit, 100% Juice
Choice of Milk

LUNCH
Meatloaf, WG Bread, Mashed Potatoes, Fresh Fruit, Choice of Milk

Thursday, January 9

BREAKFAST
RS Frosted Flakes, Sunflower Seeds, Raisins, 100% Juice, Choice of Milk


LUNCH
WG Chicken Patty, WG Dinner Roll, Carrots, Fresh Fruit, Choice of Milk

Friday, January 10

BREAKFAST
Bagel with Grape Jelly, Cheese Stick, Mixed Fruit Cup, 100% Juice, Choice of Milk

LUNCH
WG Pizza, Tossed Salad, Pineapple Cup, Choice of Milk

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 13

BREAKFAST

RS Cinnamon Flakes, Granola, Applesauce, 100% Juice, Choice of Milk

LUNCH

WG Chicken Tenders, Sweet Potatoes, Fresh Fruit, Choice of Milk

Tuesday, January 14

BREAKFAST

RS Trix, Cheese Stick, Strawberry Applesauce, 100% Juice, Choice of Milk

LUNCH

Chicken Burger on WG Bun, Mixed Vegetables, Mandarin Oranges, Choice of Milk

Wednesday, January 15

BREAKFAST

GM Cereal Bar, Sunflower Seeds, Fresh Fruit, 100% Juice, Choice of Milk

LUNCH

Baked Ziti, Tossed Salad, Fresh Fruit, Choice of Milk

Thursday, January 16

BREAKFAST

2 oz RS Cinnamon Toast Crunch, Raisins, 100% Juice, Choice of Milk

LUNCH

BBQ Beef Rib on a WG Bun, Baked Beans, Mixed Fruit, Choice of Milk

Friday, January 17

BREAKFAST

RS Frosted Flakes, Grahams, Peaches, 100% Juice, Choice of Milk

LUNCH

WGR Pizza, Tossed Salad, Pears, Choice of Milk



What's on YOUR plate?

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.CHOOSMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 20

MLK Holiday School Closed



Tuesday, January 21

BREAKFAST

Banana Muffin, Sun butter Cup, Cinnamon Applesauce, 100% Juice, Choice of Milk

LUNCH

WG Chicken Parmesan w/ Pasta, Tossed Salad, Peaches, Choice of Milk

Wednesday, January 22

BREAKFAST

Chocolate Mini Wheats, Grahams, Fresh Fruit, 100% Juice, Choice of Milk

LUNCH

Salisbury Steak w/ Gravy, WG Bread, Mashed Potatoes, Fresh Fruit, Choice of Milk

Thursday, January 23

BREAKFAST

Vanilla Yogurt, Granola, Peaches, 100% Juice, Choice of Milk

LUNCH

Chicken Teriyaki Dippers, Vegetable Fried Rice, Beet Salad, Pineapple, Choice of Milk

Friday, January 24

BREAKFAST

RS Cinnamon Flakes, Cheese Stick, Raisins, 100% Juice, Choice of Milk

LUNCH

WGR Pizza, Tossed Salad, Fresh Fruit, Choice of Milk

Monday, January 27

BREAKFAST

Blueberry Muffin, Sun-butter Cup, Applesauce, 100% Juice, Choice of Milk

LUNCH

Cheese Ravioli, WG Bread, Carrots, Fresh Fruit, Choice of Milk

Tuesday, January 28

BREAKFAST

2 oz RS Cinnamon Toast Crunch, Strawberry Applesauce, 100% Juice, Choice of Milk

LUNCH

Swedish Meatballs & WG Pasta, Tossed Salad, Fresh Fruit, Choice of Milk

Wednesday, January 29

BREAKFAST

RS Frosted Flakes, Grahams, Fresh Fruit, 100% Juice, Choice of Milk

LUNCH

Beef Hamburger on a WG Bun, Tator Tots, Pears, Choice of Milk

Thursday, January 30

BREAKFAST

Hadley Farms Raspberry Cream Bar, Sunflower Seeds, Pineapple, 100% Juice, Choice of Milk

LUNCH

Grilled Chicken, WG Rice, Beans, Fresh Fruit, Choice of Milk

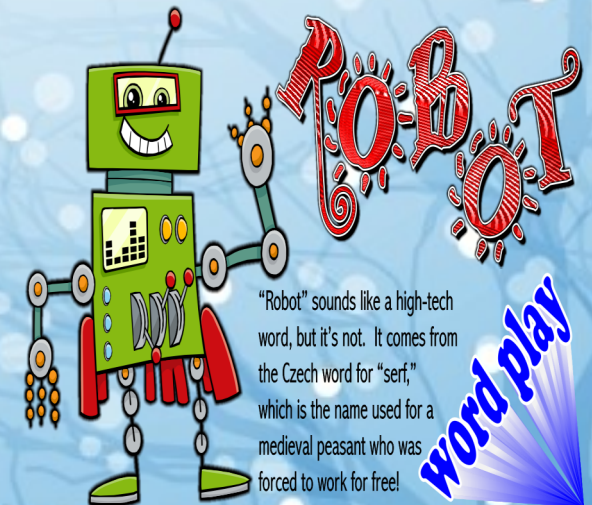
Friday, January 31

BREAKFAST

RS Trix, Cheese Stick, Raisins, 100% Juice, Choice of Milk

LUNCH

WGR Pizza, Tossed Salad, Applesauce, Choice of Milk



"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!