

Elm City Montessori Menus for January Y



This institution is an equal opportunity provider. Menus
Our program is Peanut Free, Pork, and Shellfish free!



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!**

WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast Lunch
FREE FREE

Thursday, January 2

BREAKFAST
WG Cheerios
Fresh Fruit
Unflavored Fat Free or 1 % Milk
LUNCH
Meatballs & Pasta
Tossed Salad
Pear Cup
Unflavored Fat Free or 1 % Milk

Friday, January 4

BREAKFAST
WG Pancake
Applesauce
Unflavored Fat Free or 1% Milk
LUNCH
WG Chicken Nuggets
Broccoli
Fresh Fruit
Unflavored Fat Free or 1% Milk

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

Monday, January 6

**NO SCHOOL:
Three Kings
Day Holiday**

Tuesday, January 7

BREAKFAST
WG Waffle
Applesauce
Unflavored Fat Free or 1 % Milk
LUNCH
Macaroni & Cheese,
Bread Slice, Broccoli,
Peaches,
Unflavored Fat Free or 1 % Milk

Wednesday, January 8

BREAKFAST
Egg Patty, WG
Bread Slice, Fresh
Fruit, Unflavored Fat
Free or 1 % Milk
LUNCH
Meatloaf, WG Bread
Slice, Mashed
Potatoes, Fresh Fruit
Unflavored Fat Free or 1 % Milk

Thursday, January 9

BREAKFAST
English Muffin,
Mandarin Oranges,
Unflavored Fat Free
or 1 % Milk
LUNCH
WG Chicken Patty,
WG Dinner Roll,
Carrots, Fresh Fruit
Unflavored Fat Free or 1 % Milk

Friday, January 10

BREAKFAST
WG Rice Krispies
Fresh Fruit
Unflavored Fat Free
or 1 % Milk
LUNCH
Hamburger on a
bun, Cheese Slice,
Baked Beans,
Pineapple,
Unflavored Fat Free
or 1 % 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

WG Kix, Pears
Unflavored Fat Free
or 1% Milk

LUNCH

Chicken Tenders
WG Biscuit
Sweet Potatoes
Fresh Fruit
Unflavored Fat Free
or 1% Milk

Tuesday, January 14

BREAKFAST

WG Wheat Toast,
Pears
Unflavored Fat Free
or 1% Milk

LUNCH

Chicken Burger, WG
Bread, Mixed
Vegetables,
Mandarin Oranges,
Unflavored Fat Free
or 1% Milk

Wednesday, January 15

BREAKFAST

WG Rice Krispies
Peaches
Unflavored Fat Free
or 1% Milk

LUNCH

WG Baked Ziti,
Tossed Salad, Fresh
Fruit
Unflavored Fat Free
or 1% Milk

Thursday, January 16

BREAKFAST

WG French Toast
Sticks, Applesauce
Unflavored Fat Free
or 1% Milk

LUNCH

Boneless BBQ Rib
WG Dinner Roll
Baked Beans
Pears
Unflavored Fat Free
or 1% Milk

Friday, January 17

BREAKFAST

WG Mini Bagel
Orange Wedges
Unflavored Fat Free
or 1% Milk

LUNCH

Pasta & Meat
Sauce, Corn, Pears
Unflavored Fat Free
or 1% 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.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 20

MLK Holiday
School Closed



Tuesday, January 21

BREAKFAST

WG English Muffin
Orange Wedges
Unflavored Fat Free
or 1% Milk

LUNCH

WG Chicken
Parmesan, Pasta,
Tossed Salad,
Peaches
Unflavored Fat Free
or 1% Milk

Wednesday, January 22

BREAKFAST

WG Pancake,
Applesauce,
Unflavored Fat Free
or 1% Milk

LUNCH

Salisbury Steak,
Gravy, Bread Slice,
Mashed Potatoes,
Fresh Fruit
Unflavored Fat Free
or 1% Milk

Thursday, January 23

BREAKFAST

WG Kix, Apples,
Unflavored Fat Free
or 1% Milk

LUNCH

BBQ Chicken
Dippers, Veggie
Fried Rice, Beet
Salad, Pineapple,
Unflavored Fat Free
or 1% Milk

Friday, January 24

BREAKFAST

WG Mini Bagel
Mixed Fruit
Unflavored Fat Free
or 1% Milk

LUNCH

Meatball Sub,
Broccoli, Fresh Fruit,
Unflavored Fat Free
or 1% Milk

Monday, January 27

BREAKFAST

WG Cheerios
Pineapple
Unflavored Fat Free
or 1% Milk

LUNCH

Cheese Ravioli,
Bread Slice, Carrots,
Fresh Fruit
Unflavored Fat Free
or 1% Milk

Tuesday, January 28

BREAKFAST

WG Waffles,
Applesauce,
Unflavored Fat Free
or 1% Milk

LUNCH

Swedish Meatballs
& Pasta, Tossed
Salad, Fresh Fruit,
Unflavored Fat Free
or 1% Milk

Wednesday, January 29

BREAKFAST

WG Cereal
Peaches
Unflavored Fat Free
or 1% Milk

LUNCH

Hamburger on a
bun, Cheese Slice,
Baked Beans,
Pineapple,
Unflavored Fat Free
or 1% Milk

Thursday, January 30

BREAKFAST

WG Wheat Toast, Egg
patty, Mixed Fruit
Unflavored Fat Free
or 1% Milk

LUNCH

BBQ Grilled Chicken,
Brown Rice,
Seasoned Beans,
Fresh Fruit
Unflavored Fat Free
or 1% Milk

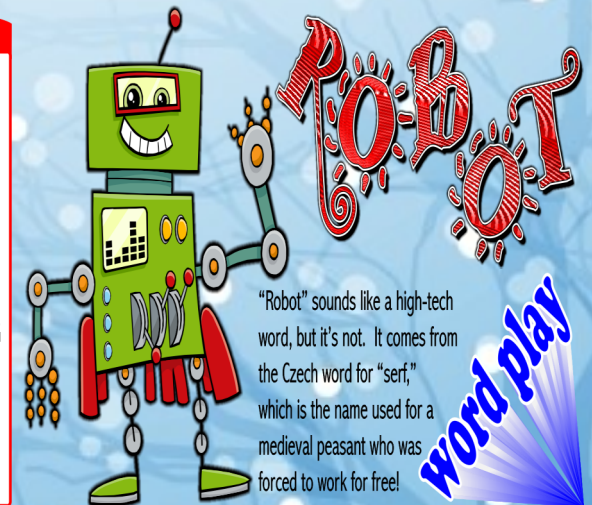
Friday, January 31

BREAKFAST

WG Apple Muffin,
Fresh Fruit
Unflavored Fat Free
or 1% Milk

LUNCH

Turkey & Gravy, WG
Dinner Roll, Corn,
Applesauce
Unflavored Fat Free
or 1% 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!