

HS Menus for JANUARY 2020

New Haven Public Schools

This institution is an equal opportunity

Available Daily

Choice of 1 Milk
1% or Skim

May Take 2 to Complete Meal
Fresh Fruit
Fruit Cup

Available Daily
Salad Bar

Daily Alternate Entrees

**Yogurt Plate

**Pretzel Plate

**Salad Plate

**Hummus Plate

Deli Bar

**Sun Butter & Jelly Sandwich

All entrees include choice of vegetables, fruits,
and milk



Welcome Back!
We hope you
enjoyed yourz bzeak!

Featured Specials of the Day

Thursday, January 2

Cheese Stuffed Shells w/ Marinara Sauce
& Garlic Bread
Seasoned Green Beans

Friday, January 3

Roasted Chicken Wings
Seasoned Corn

Monday, January 6

Three Kings Day Holiday
Schools Closed

Tuesday, January 7

Chicken Breast Parmesan on WG Bun,
Roasted Carrots

Wednesday, January 8

Alfredo Tortellini, Garlic Twists
Broccoli

Thursday, January 9

BBQ Beef Rib Patty on WG Bun,
Baked Beans

Friday, January 10

Homemade Pizza
Seasoned Green Beans

WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast

Lunch

FREE

FREE

⇒ All of our grain items are Whole Grain

⇒ Items marked with (**) are Vegetarian

★ OUR NATION'S HISTORY ★

Nothing more than a spit of sand in the Hudson River just off Manhattan, the tiny island was variously known as Gull Island, Oyster Island, and Gibbet Island, until a businessman named Ellis built a fishermen's gathering spot on it around the time of the revolutionary war. Then, in January 1892 – 127 years ago this month -- the U.S. Government opened the Ellis Island Immigration Station on the land. Over the next 50 years, 12 million immigrants would take their first step in America onto little Ellis Island. If you can't visit, you can search for relatives who came through at ellisland.org.



★ WITH LIBERTY & JUSTICE FOR ALL ★



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "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!

Featured Specials of the Day

Monday, January 13

Veggie Pinwheel or Philly Cheese Steak Pinwheel
Seasoned Corn

Tuesday, January 14

Curry Chicken, Chow Mein Noodles
Broccoli

Wednesday, January 15

Top Your Own Hamburger on WG Bun
Baked Sweet Potato Fries

Thursday, January 16

Chicken Fajitas, WG Tortilla,
Seasoned Black Beans

Friday, January 17

**Homemade Pizza,
Seasoned Green Beans

eat fit
wanna stay fit?
gotta eat right!



item:
monstro
burger
verdict:
gulp!?

tip: Notice how the burger in the picture is overwhelming the words "gotta eat right"? There's a lesson there. The burgers just keep growing. One highly-hyped new burger delivers the numbers you see here – and it's not unusual. Know what you're getting yourself into – and don't go for such a burger too often.



Based on a highly-hyped burger from a national chain

THE **A** LIST

Top 10 Artists
December 2018

- 1/Mumford & Sons
- 2/Queen
- 3/Michael Buble
- 4/Ariana Grande
- 5/Imagine Dragons
- 6/Drake
- 7/Post Malone
- 8/Mariah Carey
- 9/Halsey
- 10/Cardi B

Source: Billboard

Featured Specials of the Day

School will be closed on Monday,
January 21 in honor of Martin
Luther King, Jr.'s Birthday



Tuesday, January 21

Saucy Meatball Sub
Candied Carrots

Wednesday, January 22

Cook's Choice

Thursday, January 23

Rotini and Meat Sauce, Texas Toast
Seasoned Fresh Broccoli

Friday, January 24

**Homemade Pizza
Seasoned Mixed Vegetables

Monday, January 27

Cheese-stuffed Pasta Shells with Spaghetti Sauce,
Garlic Twists
Seasoned Fresh Zucchini Sticks

Tuesday, January 28

BBQ Pulled Turkey Sub
Baked Potato Wedges

Wednesday, January 29

Korean Beef, Hard or Soft Taco, Asian Slaw
Seasoned Corn

Thursday, January 30

Roasted Chicken, Baked Biscuit
Mashed Potatoes, Carrots

Friday, January 31

**Homemade Pizza, Seasoned Green Beans



BY THE NUMBERS
THE PERCENTAGE OF TEENS'
CAR ACCIDENTS THAT INVOLVE
DRIVING WHILE DISTRACTED.