

Menus for January 2020



# 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



## 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!**

**Monday, January 6**

**NO SCHOOL:  
Three Kings  
Day Holiday**

**Tuesday, January 7**

**BBQ Beef Rib on a  
WG Bun**

Choice of Two  
Oven Sweet Potato  
Fries  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
Fat

**Wednesday, Jan. 8**

**Cheesy Beef  
Burrito with Salsa**

Choice of Two  
Seasoned Black  
Beans  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

**Thursday, January 9**

**Egg & Cheese on  
WG Biscuit**

Choice of Two  
Tomato Soup,  
Apple Juice, Fresh  
Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

**Friday, January 10**

**\*\*Homemade Pizza**

Choice of Two  
Seasoned Mixed  
Veggies  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

**Thursday, January 2**

**Cheese Stuffed  
Shells w/ Marinara  
Sauce & Garlic  
Bread**

Choice of Two  
Seasoned Green  
Beans  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

**Friday, January 3**

**Chicken Patty on a  
WG Bun**

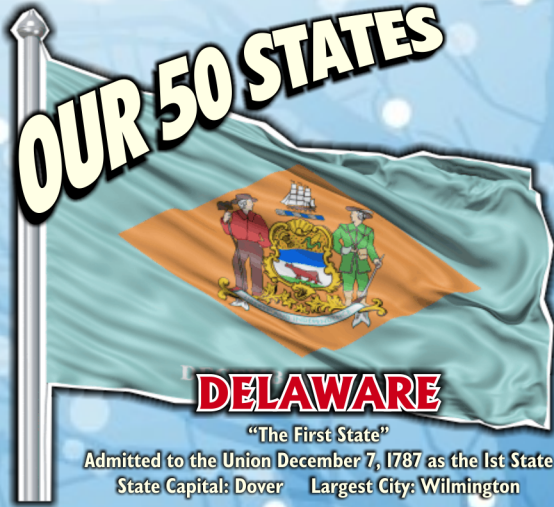
Choice of Two  
Oven Baked Fries  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
Fat

*Available Daily*

Yogurt Plate  
Bagel Plate  
Deli Sandwich  
Sunbutter and Jelly  
Sandwich

**DAILY SPECIAL VARIES:**



Monday, January 13

WG Pancakes,  
Cheese Stick,  
Sunflower Kernels,  
Syrup

Choice of Two  
Orange Juice  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Tuesday, January 14

Meatloaf Sandwich

Choice of Two  
Seasoned Corn  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Wednesday, Jan. 15

Toasted Cheese  
Sandwich

Choice of Two  
Baked Sweet  
Potato Fries  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Thursday, January 16

Chicken Fajitas,  
Tortilla  
*Salsa Available*

Choice of Two  
Seasoned Black  
Beans  
Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Friday, January 17

\*\*Homemade Pizza

Choice of Two  
Parmesan  
Zucchini Sticks  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
Fat



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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 20

MLK Holiday  
School Closed



Tuesday, January 21

Meatball Sub

Choice of Two  
Candied Carrots  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Wednesday, Jan. 22

Cook's Choice

Choice of Two  
Mixed Veggies  
Fresh Fruit or Fruit  
Cup or  
Watermelon  
Wedge  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Thursday, January 23

Rotini & Meat  
Sauce  
w/ Garlic Twists

Choice of Two  
Seasoned Fresh  
Broccoli  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Friday, January 24

\*\*Homemade Pizza

Choice of Two  
Seasoned Green  
Beans  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
Fat

Monday, January 27

French Toast  
Sticks, Veggie  
Sausage Patty

Choice of Two  
Orange Juice  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Tuesday, January 28

BBQ Pulled Turkey  
Sub

Choice of Two  
Seasoned Broccoli  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Wednesday, Jan. 29

Korean Beef, Soft  
or Hard Taco  
*Asian Slaw  
Available*

Choice of Two  
Seasoned Corn  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Thursday, January 30

Roasted Chicken,  
Baked Biscuit

Choice of Two  
Mashed Potatoes  
Carrots  
Fresh Fruit or Fruit  
Cup or Salad Bar

Choice of Milk  
Skim or 1% Low  
fat

Friday, January 31

\*\*Homemade  
Pizza

Choice of Two  
Seasoned Green  
Beans  
Fresh Fruit or  
Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low

**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**