

Menus for January 2020



WE HAVE YOUR NEW YEAR'S RESOLUTION

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

<u>Breakfast</u>	<u>Lunch</u>
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!

Thursday, January 2

****Cheese Pizza**

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

Choice of Milk
Skim or 1% Low fat

Friday, January 3

Top Your Own Hamburger on 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
Deli Sandwich
Sunbutter and Jelly Sandwich

Monday, January 6

**NO SCHOOL:
Three Kings Day Holiday**

Tuesday, January 7

BBQ Beef Rib on a WG Bun

Choice of Two
Baked Beans
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Wednesday, Jan. 8

Toasted Cheese Sandwich

Choice of Two
Tomato Soup
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low fat

Thursday, January 9

Chicken Sausage & French Toast

Choice of Two
Tater Tots
Apple Juice, Fresh Fruit or Fruit Cup
Salad Bar

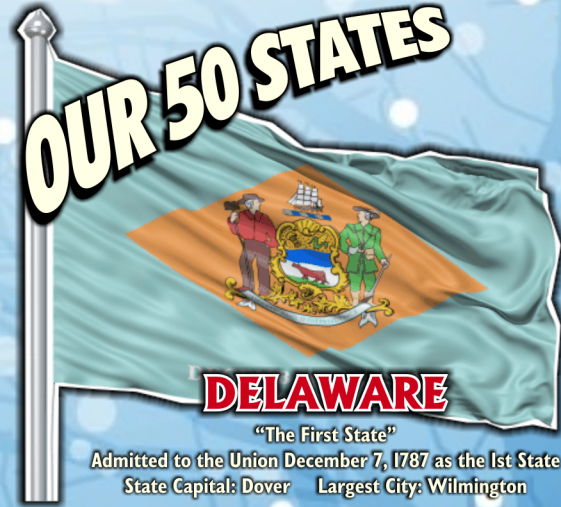
Choice of Milk
Skim or 1% Low fat

Friday, January 10

****Cheese Pizza**

Choice of Two
Seasoned California Blend Veggies
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low fat



Admitted to the Union December 7, 1787 as the 1st State
State Capital: Dover Largest City: Wilmington

Monday, January 13

WG Pancakes,
Chicken Sausage
Patty, Syrup

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

Choice of Milk
Skim or 1% Low
fat

Tuesday, January 14

Top Your Own
Burger on WG Bun

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

Choice of Milk
Skim or 1% Low
fat

Wednesday, Jan. 15

Chicken Patty on
WG Bun

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,
Corn Muffin
Salsa Available

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

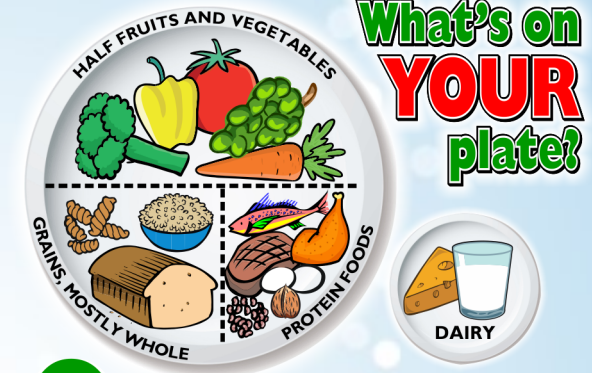
Choice of Milk
Skim or 1% Low
fat

Friday, January 17

**Cheese Pizza

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

Choice of Milk
Skim or 1% Low
Fat



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

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

Waffle & Chicken
Sausage
Corn Muffin

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

Choice of Milk
Skim or 1% Low
fat

Thursday, January 23

Rotini & Meat
Sauce
Dinner Roll

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

Choice of Milk
Skim or 1% Low
fat

Friday, January 24

**Cheese Pizza

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

Choice of Milk
Skim or 1% Low
Fat



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 27

French Toast
Sticks, Chicken
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
On a Roll

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

Choice of Milk
Skim or 1% Low
fat

Wednesday, Jan. 29

WG Macaroni and
Cheese

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

Choice of Milk
Skim or 1% Low
fat

Thursday, January 30

Chicken Chunks,
Dinner Roll

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

**Cheese Pizza

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

Choice of Milk
Skim or 1% Low
Fat

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