Welcome Back!
We hope you enjoyed your break!

Monday, January 7
Banana Bread
Juice-Fruit-Milk

Tuesday, January 8
Sausage N’Pancake Stick*
Juice-Fruit-Milk

Wednesday, January 9
Cinnabar
Juice-Fruit-Milk

Thursday, January 10
Chicken Biscuit
Juice-Fruit-Milk

Friday, January 11
Breakfast Benefit Bars
Juice-Fruit-Milk

Monday, January 14
Appleway Bar
Juice-Fruit-Milk

Tuesday, January 15
Sausage Biscuit*
Juice-Fruit-Milk

Wednesday, January 16
Mini Pancakes
Juice-Fruit-Milk

Thursday, January 17
Zee Zee’s Breakfast Bar
Juice-Fruit-Milk

Friday, January 18
Cinnamon Cream Cheese
Bagel
Juice-Fruit-Milk

Monday, January 21
Martin Luther King Day
No Breakfast Served

Tuesday, January 22
Sausage N’Pancake Stick*
Juice-Fruit-Milk

Wednesday, January 23
Cinnabar
Juice-Fruit-Milk

Thursday, January 24
Chicken Biscuit
Juice-Fruit-Milk

Friday, January 25
Teacher Workday
No Breakfast Served

Monday, January 28
Professional Development
No Breakfast Served

Tuesday, January 29
Sausage Biscuit*
Juice-Fruit-Milk

Wednesday, January 30
Mini Pancakes
Juice-Fruit-Milk

Thursday, January 31
Zee Zee’s Breakfast Bar
Juice-Fruit-Milk

Enjoy your Breakfast!

This institution is an equal opportunity provider. Menu is subject to change.
### Lunch Menu

#### Monday, January 7

**Lunch**
- Hot Dog on Bun
- Beef & Cheese Soft Taco
- Turkey & Gravy over Rice
- Chef Salad

**Choose Two:**
- Broccoli
- Baked Beans

**Choose One:**
- Fruit Cup
- Fresh Fruit

#### Tuesday, January 8

**Lunch**
- Corndog Nuggets
- Sub Sandwich or Wrap
- Baked Potato w/Cheddar & Roll
- Country Chicken Salad

**Choose Two:**
- Spinach
- Mixed Vegetables

**Choose One:**
- Applesauce
- Fresh Fruit

#### Wednesday, January 9

**Lunch**
- Lasagna
- Bar-B-Que on Bun
- Garlic Cheesy Bread
- Southwestern Chicken Salad

**Choose Two:**
- Cole Slaw
- Sweet Potato Waffle Fries

**Choose One:**
- Sliced Peaches
- Fresh Fruit

#### Thursday, January 10

**Lunch**
- Fish Sticks
- Pizza Quesadilla
- Breaded Chicken w/Wheat Roll
- Chef Salad

**Choose Two:**
- Green Beans
- Mashed Potatoes w/Gravy

**Choose One:**
- Mixed Fruit Cup
- Fresh Fruit

#### Friday, January 11

**Lunch**
- Pizza Crunchers
- Popcorn Chicken
- PB&J Uncrustable
- Country Chicken Salad

**Choose Two:**
- Corn
- Garden Salad

**Choose One:**
- Diced Pears
- Fresh Fruit

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### Available Daily

- Sliced Apples
- Baby Carrots
- Yogurt, String Cheese & Cheez-its
- Variety of Milk

*May Contain Pork*

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### Don’t 4-Get!

To make a lunch, choose at least one...

- **Fruit/Juice** or **Veggie**

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### NUTRITION 7000

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!

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### A Quick Bite for Parents

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### Our 50 States

**DELAWARE**

“First State”

Admitted to the Union December 7, 1787 as the 1st State

State Capital: Dover

Largest City: Wilmington
<table>
<thead>
<tr>
<th>Monday, January 14</th>
<th>Tuesday, January 15</th>
<th>Wednesday, January 16</th>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Galaxy Pizza*</td>
<td>Hot Dog on Bun</td>
<td>Mozzarella Sticks</td>
<td>Yogurt Parfait</td>
<td>Fiestada Pizza</td>
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<tr>
<td>Macaroni &amp; Cheese</td>
<td>Spaghetti w/Meat Sauce</td>
<td>Chicken &amp; Waffles</td>
<td>Chicken Nuggets</td>
<td>Chicken Patty on Bun</td>
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<tr>
<td>Turkey &amp; Cheese Anytime</td>
<td>Vegetarian Chili w/Chips</td>
<td>PB&amp;J Uncrustable</td>
<td>Veg. Beef Soup w/Grilled Cheese</td>
<td>Teryaki Chicken Bowl w/Roll</td>
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<tr>
<td>Chef Salad*</td>
<td>Country Chicken Salad</td>
<td>Southwestern Chicken Salad</td>
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<tr>
<td>Corn</td>
<td>Baked Beans</td>
<td>Spinach</td>
<td>Green Beans</td>
<td>Broccoli</td>
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<tr>
<td>Butternut Squash</td>
<td>Garden Salad</td>
<td>Cherry Tomatoes w/Dip</td>
<td>Steamed Cabbage</td>
<td>French Fries</td>
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<tr>
<td>Applesauce</td>
<td>Pineapple Chunks</td>
<td>Mixed Fruit Cup</td>
<td>Sliced Peaches</td>
<td>Diced Pears</td>
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**School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.’s birthday.**

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<td>Mozzarella Sticks</td>
<td>Garlic Cheesy Bread</td>
<td>Breakfast for Lunch*</td>
<td>Chicken Patty on Bun</td>
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<tr>
<td>Nachos w/Chili &amp; Cheese</td>
<td>Spaghetti w/Meat Sauce</td>
<td>Chicken Nuggets</td>
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<td>Collard Greens</td>
<td>Sweet Potatoes</td>
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**Teacher Workshop Day**

**No School Today**

**No School Today**

**Professional Day for Our Teachers**

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**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/stayhealthy/foodpyramid.html

“Robot” sounds like a high-tech word, but it’s not. It comes from the Czech word for “servf,” which is the name used for a medieval peasant who was forced to work for free!

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**What’s on Your Plate?**

- Half Fruits and Vegetables
- Whole Grains
- Meats and Beans
- Low Fat Dairy
- Healthy Oils