

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Beacon Middle School

This institution is an equal opportunity provider.

Available Daily

Breakfast: Yogurt, Graham Crackers, Toast, Fruit, & Fruit Juice

Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers
Peanut Butter & Jelly Sandwich
Tuna Sandwich, Ham & Cheese Sandwich
Tuna, Turkey, and Ham & Cheese Subs (Includes Two Sides + Milk!)
Skim Milk, 1% Milk, Fat Free Chocolate

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Snap out of it!

Yes, vacation is over, but we're happy to see you — and it won't be too long until Spring Break!

Welcome Back!

Breakfast **Lunch**

\$0.60 \$1.00

Get in touch with us today to learn more about free and reduced-price meals in our district:
302-645-1442 or cgordon@cape.k12.de.us

Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
Breakfast Hot Oatmeal	Breakfast Mini Cinni	Breakfast Waffle Stix	Breakfast Sausage & Egg English Muffin
Lunch Hot Dog on Bun	Lunch Fish Sticks ~Corn Bread Muffin	Lunch Cheese Steak on Bun	Lunch Chicken Teriyaki
Choice of Two Sun Chips Baked Beans, Sauerkraut Mandarin Orange, Juice Soup: Chicken Rice	Choice of Two Mac-n-Cheese Stewed Tomatoes, Peas Applesauce, Fruit Juice Soup: Cream of Potato	Choice of Two Fries, Lettuce & Tomato Chilled Peaches, Juice <i>*Bonus: Birthday Cake!</i> Soup: Bean	Choice of Two Steamed Rice Malibu Blend Veggies Pineapple Tidbits, Juice Soup: Chef's Choice
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12
Breakfast Hot Oatmeal	Breakfast Sausage Pancake on Stick	Breakfast Whole Grain Cinnamon Bun	Breakfast Egg & Cheese Biscuit
Lunch Chicken Nuggets ~Pretzel Rod	Lunch Pizza Dipper w/wo Marinara Sauce	Lunch Chicken Fajita Wrap	Lunch Spaghetti w/wo Meat or Marinara Sauce ~Garlic Toast
Choice of Two Parsley Potatoes Peas & Carrots Peaches, Juice Soup: Peas-n-Dumplings	Choice of Two California Blend Warm Apple Slices Fruit Juice Soup: Beef Noodle	Choice of Two Corn Lettuce & Tomato Grapes, Fruit Juice Soup: Cream of Broccoli	Choice of Two Green Beans Mixed Fruit Fruit Juice Soup: Manhattan Clam
Friday, January 13			
Breakfast Breakfast Bagel			
Lunch Toasted Cheese			
Choice of Two Tomato Soup Baby Carrots w/Dip Pears Fruit Juice <i>*Bonus: Sun Chips!</i>			