

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

H. O. Brittingham

This institution is an equal opportunity provider.

Available Daily

Breakfast: Yogurt, Graham Crackers, Fruit Juice

Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers
Peanut Butter & Jelly Sandwich
Tuna Sandwich, Ham & Cheese Sandwich

(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!

HELP

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!

Breakfast **Lunch**

\$0.60 **\$0.90**

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
<p>Go Foods are Eat Almost Anytime Foods</p> <p>Follow Smiley Face, our eat smart friend, to know which foods to choose!</p>	<p>Breakfast Assorted Cold Cereal</p> <p>Lunch Hot Dog on Bun</p> <p>Choice of Two ☺ Sun Chips, Baked Beans ☺ Sauerkraut ☺ Mandarin Orange Fruit Juice Soup: Manhattan Clam</p>	<p>Breakfast Mini Cinni</p> <p>Lunch Fish Sticks ~Corn Bread Muffin</p> <p>Choice of Two ☺ Mac-n-Cheese ☺ Stewed Tomatoes ☺ Peas, Applesauce Fruit Juice Soup: Cream of Potato</p>	<p>Breakfast Sausage Pancake on a Stick</p> <p>Lunch Cheese Steak on Bun</p> <p>Choice of Two ☺ Fries ☺ Lettuce & Tomato ☺ Chilled Peaches Juice *Bonus: B-Day Brownie! Soup: Bean</p>	<p>Breakfast Low Fat Honi Bun</p> <p>Lunch Cheese Pizza Pepperoni Pizza</p> <p>Choice of Two ☺ Garden Salad w/Lite Dressing ☺ Pineapple Tidbits, Juice Soup: Chef's Choice</p>
	Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12
	<p>Breakfast Assorted Cold Cereal</p> <p>Lunch ☺ Chicken Nuggets ☺ ~Pretzel Rod</p> <p>Choice of Two ☺ Parsley Potatoes ☺ Peas & Carrots ☺ Peaches Fruit Juice Soup: Peas-n-Dumplings</p>	<p>Breakfast Muffin</p> <p>Lunch ☺ Pizza Dipper w/wo Marinara Sauce</p> <p>Choice of Two ☺ California Blend ☺ Warm Apple Slices ☺ Fruit Juice Soup: Beef Noodle</p>	<p>Breakfast Donut</p> <p>Lunch ☺ Chicken Fajita Wrap</p> <p>Choice of Two ☺ Corn ☺ Lettuce & Tomato ☺ Grapes Fruit Juice Soup: Cream of Broccoli</p>	<p>Breakfast Hot Pocket</p> <p>Lunch ☺ Spaghetti w/wo Meat ☺ Spaghetti w/ Marinara Sauce ~Garlic Toast</p> <p>Choice of Two ☺ Green Beans ☺ Mixed Fruit Fruit Juice Soup: Chef's Choice</p>
	Friday, January 13			
	<p>Breakfast Cereal Bar</p> <p>Lunch Toasted Cheese</p> <p>Choice of Two ☺ Tomato Soup ☺ Baby Carrots w/Dip ☺ Pears Fruit Juice *Bonus: Sun Chips!</p>			