

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Lewes

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 & Egg Salad 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!

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

Go Foods are Eat Almost Anytime Foods

Follow Smiley Face, our eat smart friend, to know which foods to choose!

Monday, January 9

Breakfast
Assorted Cold Cereal

Lunch
☺ Chicken Nuggets ~ Pretzel Rod

Choice of Two
☺ Parsley Potatoes
☺ Peas & Carrots
☺ Peaches
Fruit Juice
Soup: Peas-n-Dumplings

Tuesday, January 3

Breakfast
Assorted Cold Cereal

Lunch
Hot Dog on Bun

Choice of Two
☺ Sun Chips, Baked Beans
☺ Sauerkraut
☺ Mandarin Orange
Fruit Juice
Soup: Manhattan Clam

Tuesday, January 10

Breakfast
Sausage Pancake on Stick

Lunch
☺ Pizza Dipper w/wo Marinara Sauce

Choice of Two
☺ California Blend
Warm Apple Slices
Fruit Juice
Soup: Beef Noodle

Wednesday, January 4

Breakfast
Mini Cinni

Lunch
Fish Sticks ~ Corn Bread Muffin

Choice of Two
☺ Mac-n-Cheese
Stewed Tomatoes
☺ Peas, Applesauce
Fruit Juice
Soup: Cream of Potato

Wednesday, January 11

Breakfast
Whole Grain Cinnamon Bun

Lunch
☺ Chicken Fajita Wrap

Choice of Two
☺ Corn
☺ Lettuce & Tomato
☺ Grapes
Fruit Juice
Soup: Cream of Broccoli

Thursday, January 5

Breakfast
Waffle Stix

Lunch
Cheese Steak on Bun

Choice of Two
☺ Fries
☺ Lettuce & Tomato
☺ Chilled Peaches Juice
*Bonus: B-Day Brownie!
Soup: Bean

Thursday, January 12

Breakfast
Egg & Cheese Biscuit

Lunch
☺ Spaghetti w/wo Meat
☺ Spaghetti w/ Marinara Sauce ~ Garlic Toast

Choice of Two
☺ Green Beans
☺ Mixed Fruit
Fruit Juice
Soup: Chef's Choice

Friday, January 6

Breakfast
Sausage & Egg English Muffin

Lunch
Cheese Pizza
Pepperoni Pizza

Choice of Two
☺ Garden Salad w/Lite Dressing
☺ Pineapple Tidbits, Juice
Soup: Chef's Choice

Friday, January 13

Breakfast
Breakfast Bagel

Lunch
Toasted Cheese

Choice of Two
☺ Tomato Soup
☺ Baby Carrots w/Dip
☺ Pears
Fruit Juice