

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Rehoboth Elementary 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

(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

Go Foods are Eat Almost Anytime Foods

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

Monday, January 9

Breakfast
 ☺ Hot Oatmeal

Lunch
 ☺ Chicken Nuggets
 ☺ ~Pretzel Rod

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

Tuesday, January 3

Breakfast
 ☺ Hot Oatmeal

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
 ☺ Pepparoni 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
 ☺ Peas
 Fruit Juice
 *Bonus: Sun Chips!