

# WELCOME TO THE NEW YEAR!

## MENUS FOR JANUARY 2012

**Shields 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!

**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><b>Breakfast</b>            ☺ Hot Oatmeal</p> <p><b>Lunch</b>            Hot Dog on Bun</p> <p><b>Choice of Two</b>            ☺ Sun Chips, Baked Beans            ☺ Sauerkraut            ☺ Mandarin Orange Fruit Juice            Soup: Manhattan Clam</p>	<p><b>Breakfast</b>            Mini Cinni</p> <p><b>Lunch</b>            Fish Sticks            ~Corn Bread Muffin</p> <p><b>Choice of Two</b>            ☺ Mac-n-Cheese            ☺ Stewed Tomatoes            ☺ Peas, Applesauce            Fruit Juice            Soup: Cream of Potato</p>	<p><b>Breakfast</b>            Waffle Stix</p> <p><b>Lunch</b>            Cheese Steak on Bun</p> <p><b>Choice of Two</b>            ☺ Fries            ☺ Lettuce &amp; Tomato            ☺ Chilled Peaches Juice            *Bonus: B-Day Brownie!            Soup: Bean</p>	<p><b>Breakfast</b>            Sausage &amp; Egg English Muffin</p> <p><b>Lunch</b>            Cheese Pizza            Pepperoni Pizza</p> <p><b>Choice of Two</b>            ☺ 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><b>Breakfast</b>            ☺ Hot Oatmeal</p> <p><b>Lunch</b>            ☺ Chicken Nuggets            ☺ ~Pretzel Rod</p> <p><b>Choice of Two</b>            ☺ Parsley Potatoes            ☺ Peas &amp; Carrots            ☺ Peaches            Fruit Juice            Soup: Peas-n-Dumplings</p>	<p><b>Breakfast</b>            Sausage Pancake on Stick</p> <p><b>Lunch</b>            Pizza Dipper w/wo Marinara Sauce</p> <p><b>Choice of Two</b>            ☺ California Blend            ☺ Warm Apple Slices            Fruit Juice            Soup: Beef Noodle</p>	<p><b>Breakfast</b>            Whole Grain Cinnamon Bun</p> <p><b>Lunch</b>            ☺ Chicken Fajita Wrap</p> <p><b>Choice of Two</b>            ☺ Corn            ☺ Lettuce &amp; Tomato            ☺ Grapes            Fruit Juice            Soup: Cream of Broccoli</p>	<p><b>Breakfast</b>            Egg &amp; Cheese Biscuit</p> <p><b>Lunch</b>            ☺ Spaghetti w/wo Meat            ☺ Spaghetti w/ Marinara Sauce            ~Garlic Toast</p> <p><b>Choice of Two</b>            ☺ Green Beans            ☺ Mixed Fruit            Fruit Juice            Soup: Chef's Choice</p>
	Friday, January 13			
	<p><b>Breakfast</b>            Breakfast Bagel</p> <p><b>Lunch</b>            Toasted Cheese</p> <p><b>Choice of Two</b>            ☺ Tomato Soup            ☺ Baby Carrots w/Dip            ☺ Pears            Fruit Juice            *Bonus: Sun Chips!</p>			