

INTERMEDIATE CENTER

Menus for January 2019



Menus are subject to change.



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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



Pro Football
playoffs start
Sunday, Jan. 6.
What team will
wear the crown
on Super Bowl
Sunday?

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

Breakfast	Lunch
\$1.25	\$2.00

NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS



Admitted to the Union December 7, 1787 as the 1st State
State Capital: Dover Largest City: Wilmington

Monday, January 7

Breakfast
Cereal Bar

Lunch
Chicken Patty on a Bun
OR
Ham and Cheese Plate

Black Beans
Fruit
Milk

Tuesday, January 8

Breakfast
Waffles

Lunch
Chicken Enchilada
OR
Turkey Sandwich

Hashbrown
Juice
Milk

Wednesday, January 9

Breakfast
Breakfast Pizza

Lunch
Chicken Tenders
OR
Chicken Ranch Wrap

Spinach Salad
Fruit
Milk

Thursday, January 10

Breakfast
Breakfast Burrito

Lunch
Hamburger on a Bun
OR
Turkey Wrap

Cabbage
Juice
Milk

Friday, January 11

Breakfast
Cereal Bar

Lunch
Peperoni Pizza
OR
Jammer

Carrots
Fruit
Milk

Monday, January 14

Breakfast

Cereal Bar

Lunch

Chicken Nuggets
OR
Ham and Cheese Sandwich

Green Beans
Fruit
Milk

Tuesday, January 15

Breakfast

Pancakes

Lunch

NO

LUNCH

SERVED

Wednesday, January 16

Breakfast

Breakfast Pizza

Lunch

Turkey and Gravy W/ Bread
OR
Ham Wrap

Mashed Potatoes
Fruit
Milk

Thursday, January 17

Breakfast

French Toast

Lunch

Corn Dog
OR
Turkey Wrap

Refried Beans
Juice
Milk

Friday, January 18

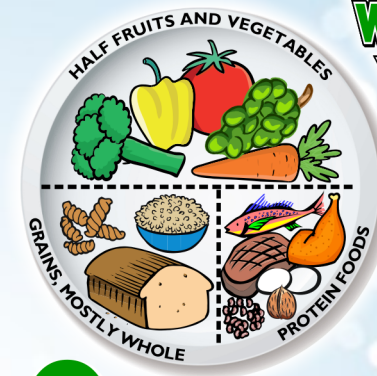
Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Squash
Fruit
Milk



**What's on
YOUR
plate?**

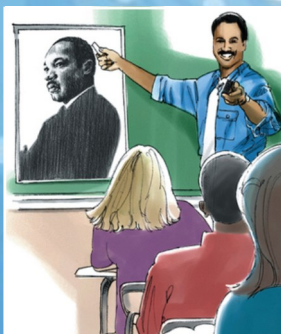


Q • How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



*School will be closed
Monday, January 21
in recognition of
Martin Luther King, Jr.'s
birthday.*

Tuesday, January 22

Breakfast

Cereal Bar

Lunch

Chicken Patty
OR
Turkey Sandwich

Celery
Juice
Milk

Wednesday, January 23

Breakfast

Breakfast Pizza

Lunch

Spaghetti W/ Meat Sauce
OR
Chicken Ranch Wrap

Broccoli
Fruit
Milk

Thursday, January 24

Breakfast

Cinnamon Rolls

Lunch

Bosco Stick
OR
Turkey Wrap

Baked Beans
Juice
Milk

Friday, January 25

Breakfast

Cereal Bar

Lunch

Pepperoni Pizza
OR
Jammer

Corn
Fruit
Milk

Monday, January 28

Breakfast

Cereal Bowl

Lunch

Chicken Nuggets
OR
Ham and Cheese Sandwich

Carrots
Fruit
Milk

Tuesday, January 29

Breakfast

Waffle

Lunch

Beef and Bean Burrito
OR
Turkey Roll-Up

Italian Green Beans
Juice
Milk

Wednesday, January 30

Breakfast

Breakfast Pizza

Lunch

Meatball Sub
OR
Ham Wrap

Sweet Potato Fries
Fruit
Milk

Thursday, January 31

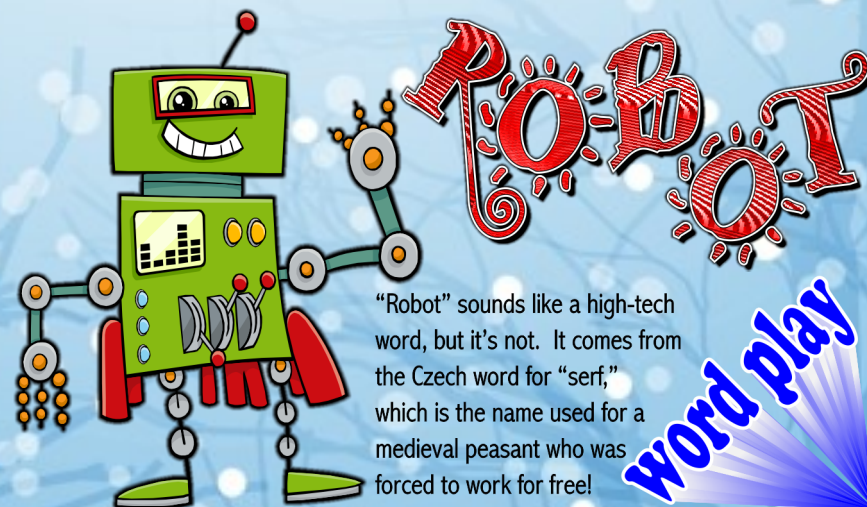
Breakfast

Egg and Cheese Sandwich

Lunch

Ham and Cheese Panini
OR
Turkey Wrap

Green Peas
Juice
Milk



"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!