

# Menus for January 2019



This institution is an equal opportunity provider. 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!**

# WE HAVE YOUR NEW YEAR'S RESOLUTION

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

Breakfast	Lunch
<b>\$1.50</b>	<b>\$2.75</b>

Learn more about free and reduced-price meals: [vbush@eppingsd.org](mailto:vbush@eppingsd.org) or [www.saul4.org](http://www.saul4.org)

### Wednesday, January 2

#### Breakfast

Egg & Cheese Bagel or Cereal  
Fruit or Juice, Milk Choice

#### Lunch

FREMONT PIZZA  
OR SUNBUTTER & JELLY  
CAESAR SALAD  
CRUNCHY CARROTS  
FRUIT CHOICE  
MILK CHOICE

### Thursday, January 3

#### Breakfast

Cinnamon Roll or Cereal  
Fruit or Juice, Milk Choice

#### Lunch

BURGER/ WG ROLL  
OR TUNA SANDWICH  
BAKED FRENCH FRIES  
SEASONED ZUCCHINI  
FRUIT CHOICE  
MILK CHOICE

### Friday, January 4

#### Breakfast

Double Chocolate Muffin or  
Cereal, Fruit or Juice  
Milk Choice

#### Lunch

MOZZARELLA STICKS/ SAUCE  
OR SUNBUTTER & JELLY  
BUTTERD NOODLES  
GARLIC BROCCOLI  
FRUIT CHOICE  
MILK CHOICE

## 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**

### Monday, January 7

#### Breakfast

Warm Bagel or Cereal  
Fruit or Juice, Milk Choice

#### Lunch

AMERICAN CHOP SUEY/ ROLL  
OR SUNBUTTER & JELLY  
GREEN BEANS  
FRUIT CHOICE  
MILK CHOICE

### Tuesday, January 8

#### Breakfast

Mini Pancakes or Cereal  
Fruit or Juice, Milk Choice

#### Lunch

PULLED PORK SLIDER OR  
TUNA SLIDER  
BOSTON BAKED BEANS  
CREAMY COLESLAW  
COOKIE  
FRUIT CHOICE  
MILK CHOICE

### Wednesday, January 9

#### Breakfast

Egg & Cheese Bagel or Cereal  
Fruit or Juice, Milk Choice

#### Lunch

STUFFED CRUST PIZZA OR  
SUNBUTTER & JELLY  
TOSSED SALAD  
FRUIT CHOICE  
MILK CHOICE

### Thursday, January 10

#### Breakfast

Cinnamon Roll or Cereal  
Fruit or Juice, Milk Choice

#### Lunch

CHICKEN DRUMSTICK/ ROLL  
OR TUNA SANDWICH  
CRUNCHY CUKES  
GARLIC SPINACH  
FRUIT CHOICE  
MILK CHOICE

### Friday, January 11

#### Breakfast

Double Chocolate Muffin or  
Cereal, Fruit or Juice  
Milk Choice

#### Lunch

MINI PANCAKES/ EGGS  
OR YOGURT FUN MEAL  
HASH BROWN  
CARROTS  
FRUIT CHOICE  
MILK CHOICE



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



**Monday, January 14**

**Breakfast**

Warm Bagel or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

TURKEY TACO BOAT  
W/ FIXINS OR  
SUNBUTTER & JELLY  
CORN  
FRUIT CHOICE  
MILK CHOICE

**Tuesday, January 15**

**Breakfast**

Mini Pancakes or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

**PATTERN CHANGE**

FREMONT PIZZA OR  
SUNBUTTER & JELLY  
CAESAR SALAD  
CRUNCHY CUCUMBERS  
HUMMUS  
FRUIT CHOICE  
MILK CHOICE

**Wednesday, January 16**

**Breakfast**

Egg& Cheese Bagel or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

**EARLY RELEASE**

YOGURT  
STRING CHEESE  
GOLDFISH  
CARROTS  
APPLE JUICE  
MILK CHOICE

**Thursday, January 17**

**Breakfast**

Cinnamon Roll or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

ROAST PORK/ GRAVY/ ROLL  
OR TURKEY SANDWICH  
MASHED POTATO  
GREEN PEAS  
FRUIT CHOICE  
MILK CHOICE

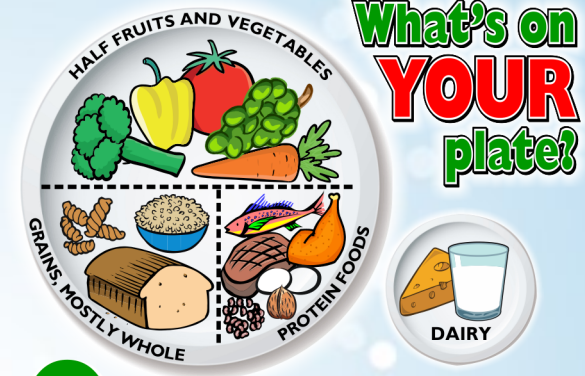
**Friday, January 18**

**Breakfast**

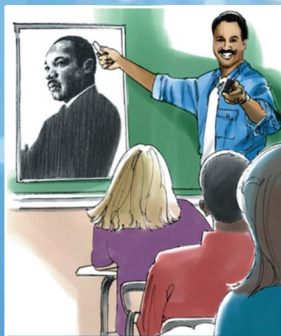
Double Chocolate Muffin or  
Cereal, Fruit or Juice  
Milk Choice

**Lunch**

CHICKEN NUGGETS OR  
YOGURT FUN MEAL  
SEASONED RICE  
BABY CARROTS  
FRUIT CHOICE  
MILK CHOICE



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



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

**Tuesday, January 22**

**Breakfast**

Mini Pancakes or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

MEATBALLS/ SAUCE/ ROLL  
OR TURKEY SANDWICH  
BUTTERED NOODLES  
SEASONED ZUCCHINI  
FRUIT CHOICE  
MILK CHOICE

**Wednesday, January 23**

**Breakfast**

Egg& Cheese Bagel or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

SALS PIZZA  
OR SUNBUTTER & JELLY  
TOSSED SALAD  
CRUNCHY CARROTS  
FRUIT CHOICE  
MILK CHOICE

**Thursday, January 24**

**Breakfast**

Cinnamon Roll or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

HOT DOG/ WG ROLL OR  
TURKEY SANDWICH  
BOSTON BAKED BEANS  
BAKED FRIES  
FRUIT CHOICE  
MILK CHOICE

**Friday, January 25**

**Breakfast**

Double Chocolate Muffin or  
Cereal, Fruit or Juice  
Milk Choice

**Lunch**

TOASTED CHEESE  
FLATBREAD OR  
YOGURT FUN MEAL  
TOMATO SOUP  
GOLDFISH, CELERY  
FRUIT CHOICE  
MILK CHOICE



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, January 28**

**Breakfast**

Warm Bagel or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

HAM SANDWICH OR  
SUNBUTTER & JELLY  
HOMEMADE CHICKEN SOUP  
CUCUMBERS  
FRUIT CHOICE  
MILK CHOICE

**Tuesday, January 29**

**Breakfast**

Mini Pancakes or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

CHICKEN PARMESAN  
OR HAM SANDWICH  
BUTTERED NOODLES  
ROASTED BROCCOLI  
FRUIT CHOICE  
MILK CHOICE

**Wednesday, January 30**

**Breakfast**

Egg& Cheese Bagel or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

FREMONT PIZZA OR  
SUNBUTTER & JELLY  
CAESAR SALAD  
CARROTS  
FRUIT CHOICE  
MILK CHOICE

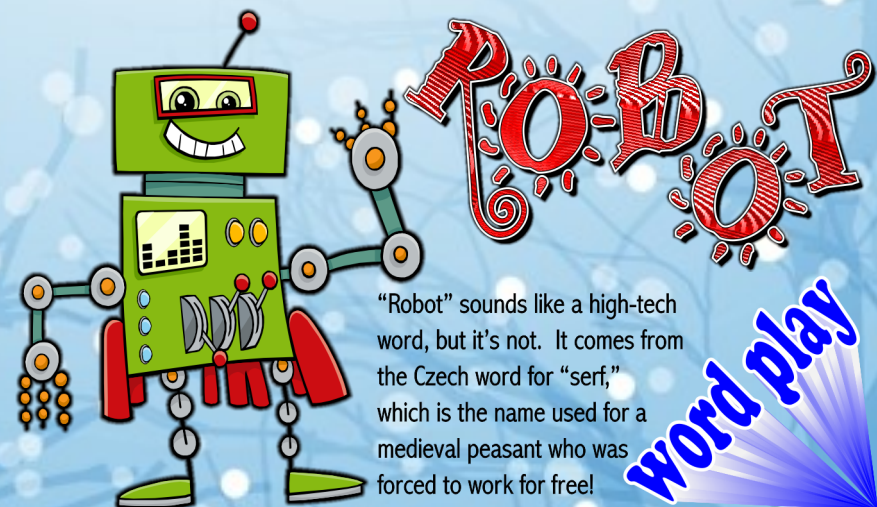
**Thursday, January 31**

**Breakfast**

Cinnamon Roll or Cereal  
Fruit or Juice, Milk Choice

**Lunch**

SHEPHERD PIE/ ROLL  
(BEEF-POTATO-CORN)  
OR HAM SANDWICH  
CELERY  
HUMMUS  
FRUIT CHOICE  
MILK CHOICE



“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!