



Breakfast \$1.00
Lunch \$2.35

MENUS FOR JANUARY 2016

Neshaminy Elementary Schools

Available Daily

***Other Breakfast Choices:**

Cereal, Bagel, Breakfast Bun, PopTart or French Toast Sticks, and each Breakfast comes with Fruit or 100% Fruit Juice and Milk. You must choose 3 out of 4 items offered and one MUST be a fruit.

****Other Lunch Choices:**

Hot Dog, Burger, Salad w/Topping Choice, Pizza, or Cheese, Tuna or PB&J[Ⓢ] Sandwich. [Ⓢ]Sunflower butter used due to allergies. You must choose 3 out of 5 items offered and one must be a fruit or veggie.

ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



Monday, January 5

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Max Stix or Other Lunch Choice
Sweet Potato Gems or Baby Carrots/Dip
Pineapple Tidbits or Fresh Fruit or Juice Choice
Milk Choice

Tuesday, January 6

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Chicken Sticks or Other Lunch Choice
Steamy Spinach
Grape Tomatoes/Dip
Peaches or Fresh Fruit or Juice Choice
Milk Choice

Wednesday, January 7

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Domino's Pizza or Other Lunch Choice
Green Beans or Celery Sticks /Dip
Mandarin Oranges or Fresh Fruit or Juice Choice
Milk Choice

Thursday, January 8

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Pasta w/wo Meatballs w/wo Dinner Roll or Other Lunch Choice
Garden Peas or Local Farmer—Styers "Squash Fries"
Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Friday, January 9

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Mini Corn Dogs or Other Lunch Choice
Baked Beans or Fresh Broccoli/Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

Monday, January 12

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Mozzarella Sticks or Other Lunch Choice
Green Beans or Baby Carrots/Dip
Chilled Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Tuesday, January 13

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Baked Breaded Chicken w/wo Dinner Roll or Other Lunch Choice
Broccoli Florets or Grape Tomatoes/Dip
Peach Slices or Fresh Fruit or Juice Choice
Milk Choice
Chance to win a FREE Eagles Backpack Bag with a lunch today!

Wednesday, January 14

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Domino's Pizza or Other Lunch Choice
Carrot Coins or Celery Sticks /Dip
Mandarin Oranges or Fresh Fruit or Juice Choice
Milk Choice

Thursday, January 15

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Nachos or Other Lunch Choice
Garbanzo Beans or Cucumber Coins/Dip
Pineapple Tidbits or Fresh Fruit or Juice Choice
Milk Choice

Friday, January 16

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Shrimp Popcorn w/wo Brown Rice or Other Lunch Choice
Tasty Corn or Fresh Broccoli/Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

HELP!

Join the Food Service Team as a substitute. Pay is \$9.00/hr. Work only when your Neshaminy child is in school! Apply at www.source4teachers.com/ SAMS or call 215-809-6540 for more information.

SOURCE 4 TEACHERS
Educational Staffing Solutions

Milk Choice:
Fat Free
Chocolate or Strawberry,
1% White

Whole Wheat or Whole Grain is used in all grain products except pasta until an acceptable product to students is available.

****Menu subject to change.****

Martin Luther King Jr's Birthday

January 19
No School



Tuesday, January 20

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Chicken Patty Sandwich w/wo Brown Rice or Other Lunch Choice
Carrot Coins or Grape Tomatoes/Dip
Chilled Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Wednesday, January 21

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Domino's Pizza or Other Lunch Choice
Garbanzo Beans or Celery Stix/Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

Thursday, January 22

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Bacon Cheeseburger or Other Lunch Choice
Sweet Potato Gems or Cucumber Coins/Dip
Applesauce or Fresh Fruit or Juice Choice
Milk Choice

Friday, January 23

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Cheese Quesadilla or Other Lunch Choice
Steamy Spinach or Fresh Broccoli /Dip
Peach Slices or Fresh Fruit or Juice Choice
Milk Choice

Monday, January 26

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Mini Pizza Bagels or Other Lunch Choice
Broccoli Florets or Baby Carrots/Dip
Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Tuesday, January 27

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Chicken Bites w/wo Dinner Roll or Other Lunch Choice
Cauliflower or Grape Tomatoes/Dip
Applesauce or Fresh Fruit or Juice Choice
Milk Choice

Wednesday, January 28

Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
Domino's Pizza or Other Lunch Choice
Carrot Coins or Celery Sticks /Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

Thursday, January 29

Breakfast*
Breakfast Sandwich or Pancake/Sausage Stick or other Breakfast Choice

Lunch**
Mini Tacos or Other Lunch Choice
Garbanzo Beans Cucumber Coins/Dip
Pineapple Tidbits or Fresh Fruit or Juice Choice
Milk Choice

Friday, January 30

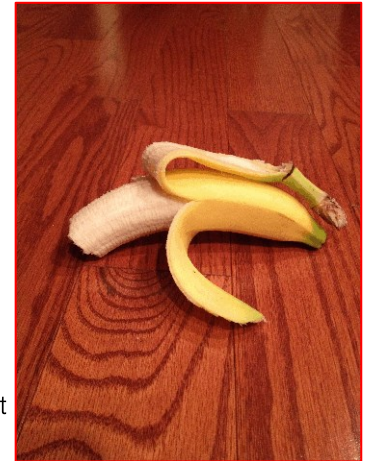
Breakfast*
Breakfast Sandwich or Mini Pancakes or other Breakfast Choice

Lunch**
French Toast Sticks w/wo Sausage or Other Lunch Choice
Hash Brown Potato or Fresh Broccoli/Dip
Sliced Apples or Fresh Fruit or Juice Choice
Milk Choice



Leave it alone.

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



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

OUR NATION'S HISTORY



On January 31, 1865 – 150 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg, with Daniel Day-Lewis (right) as President Lincoln.



WITH LIBERTY & JUSTICE FOR ALL

NUTRITION TO GO

Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you'd be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!

A TASTY MORSEL FOR PARENTS