



FEED YOUR MOOD.

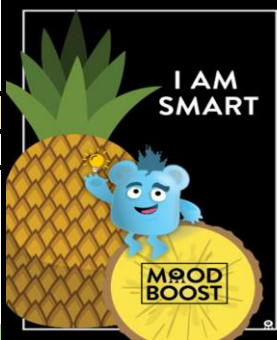
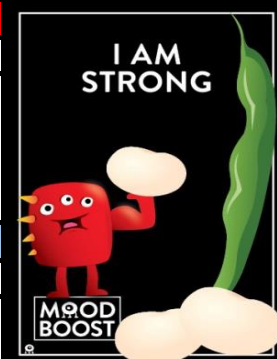


## Corpus Christi January 2020

Wethersfield elementary schools continue their Mood Boosting food journey in January. New foods will appear each week to improve alertness, strength, and intelligence! Go ahead, give them a try!

### \*\*REMINDER BREAKFAST SERVED DAILY\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1: Muffin Fun Lunch</b>				
		1	2	3
			Crispy Chicken Nuggets Bread Stick Sliced Carrots	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
<b>Week 2: Muffin Fun Lunch</b>				
6	7	8	9	10
Pizza Dunkers Pizza Sauce	Crispy Chicken Nuggets Orange Glazed Carrots Breadstick	Soft Shell Beef Tacos Salsa	Turkey Bacon Cheeseburger French Fries	Classic Cheese Pizza Classic Pepperoni Pizza Cucumber Apple Salad
<b>Week 3: Cereal Fun Lunch</b>				
13	14	15	16	17
Spaghetti & Meatballs Steamed Broccoli Garlic Bread	Crispy Chicken Nuggets Seasoned Green Beans Whole Grain Biscuit	Grilled Cheese Sandwich Campbell's Tomato Soup	Hot Dogs Tater Tots Cajun Beans	Half Day No Lunch
<b>Week 4: Nacho Fun Lunch</b>				
20	21	22	23	24
Martin Luther King "I have a dream" NO SCHOOL	Crispy Chicken Nuggets Roasted Acorn Squash Whole Grain Biscuit	French Toast Sticks Turkey Sausage Cinnamon Roasted Pineapple	Sweet and Sour Chicken Steamed Rice Broccoli	Classic Cheese Pizza Classic Pepperoni Pizza Mixed Vegetables
<b>Week 5: Bagel Fun Lunch</b>				
27	28	29	30	31
Chicken & Cheese Quesadilla Mexicali Corn Salsa	Crispy Chicken Nuggets Seasoned Broccoli Breadstick	Macaroni & Cheese Seasoned Green beans Garlic Bread	Beef Macho Nachos Cheese Sauce Salsa	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
<b>Fruit and Vegetable Bar (Available Daily)</b>				
Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad
Carrot Sticks Sweet Corn Salad	Celery Sticks Chick Peas	Fresh Broccoli Florets Fresh Baby Carrots	Corn & Black Bean Salsa Sliced Cucumbers	Red Pepper Slices Power Peas
Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad
<b>Daily Alternate Meals</b>				
PB&J	PB&J	PB&J	PB&J	PB&J
2-Turkey and Cheese on Wheat	2- Chef Salad w/ Bread Stick	2- Crispy Chicken Caesar Salad Wrap	2-Turkey and Cheese Wrap	2-Mixed Green Salad w/ Cheese and Bread Stick



ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

Please contact me with any questions, comments or concerns.

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