



## January 2020 **Corpus Christi**

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!

appear each week to	•				
	**REMIN	DER BREAKFAST S	SERVED DAILY**		
Monday	Tuesday	Wednesday	Thursday	Friday	
		Week 1: Muffin Fun Lunch			
		1	2	3	
			Crispy Chicken Nuggets	Classic Cheese Pizza	MAOD BOOST
			Bread Stick	Classic Pepperoni Pizza	I AM ALERT
		HAPPY NEW YEAR	Sliced Carrots	Colorful Tossed Salad	
		Week 2: Muffin Fun Lunch	Olioca Galifold		a Control
6	7	8	9	10	
Pizza Dunkers	Crispy Chicken Nuggets	Soft Shell Beef Tacos	Turkey Bacon Cheeseburger	Classic Cheese Pizza	
	Orange Glazed Carrots	Salsa	French Fries	Classic Pepperoni Pizza	
Pizza Sauce	Breadstick	Jaisa	i renon i nes	Cucumber Apple Salad	
	2.0000.00	Week 3: Cereal Fun Lunch		- Т	
13	14		16	17	IAM
Spaghetti & Meatballs	Crispy Chicken Nuggets	Grilled Cheese Sandwich	Hot Dogs	Half Day	I AM STRONG
Steamed Broccoli	Seasoned Green Beans	Campbell's Tomato Soup	Tater Tots	No Lunch	
Garlic Bread	Whole Grain Biscuit		Cajun Beans		
		Week As Neeks From Lunch			000
20	21	Week 4: Nacho Fun Lunch	23	24	
	Crispy Chicken Nuggets	French Toast Sticks	Sweet and Sour Chicken	Classic Cheese Pizza	MªOD BOOST
Martin Luther King "Thave a dream"				0.000.0 0.1.0000 1 1.2.0	BOOST
	Roasted Acorn Squash	Turkey Sausage	Steamed Rice	Classic Pepperoni Pizza	
NO SCHOOL	Whole Grain Biscuit				1
	Whole Grain Blocale	Cinnamon Roasted	Broccoli	Mixed Vegetables	
	Whole Grain bisearc	Pineapple	Broccoli		I AM SMART
27		Pineapple Week 5: Bagel Fun Lunch			I AM SMART
Chicken & Cheese		Pineapple Week 5: Bagel Fun Lunch		Mixed Vegetables	IAM
Chicken & Cheese Quesadilla	28 Crispy Chicken Nuggets	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese	30 Beef Macho Nachos	Mixed Vegetables  31 Classic Cheese Pizza	I AM SMART
Chicken & Cheese	28	Pineapple Week 5: Bagel Fun Lunch 29	Beef Macho Nachos Cheese Sauce	Mixed Vegetables	SMART
Chicken & Cheese Quesadilla Mexicali Corn	Crispy Chicken Nuggets Seasoned Broccoli Breadstick	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread	30  Beef Macho Nachos  Cheese Sauce  Salsa	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza	I AM SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa	28 Crispy Chicken Nuggets Seasoned Broccoli Breadstick Fruit a	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread	Beef Macho Nachos Cheese Sauce Salsa	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad	SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa  Fresh whole Fruit	Crispy Chicken Nuggets Seasoned Broccoli Breadstick Fruit a	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread and Vegetable Bar (Available Fresh whole Fruit	Beef Macho Nachos Cheese Sauce Salsa Daily) Fresh whole Fruit	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad  Fresh whole Fruit	SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa  Fresh whole Fruit Chilled Fruit salad Carrot Sticks	Crispy Chicken Nuggets  Seasoned Broccoli Breadstick  Fruit a  Fresh whole Fruit Chilled Fruit salad Celery Sticks	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread and Vegetable Bar (Available Fresh whole Fruit Chilled Fruit salad Fresh Broccoli Florets	Beef Macho Nachos Cheese Sauce Salsa Daily) Fresh whole Fruit Chilled Fruit salad Corn & Black Bean Salsa	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad  Fresh whole Fruit Chilled Fruit salad Red Pepper Slices	SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa  Fresh whole Fruit Chilled Fruit salad Carrot Sticks Sweet Corn Salad	Crispy Chicken Nuggets  Seasoned Broccoli Breadstick  Fruit a  Fresh whole Fruit Chilled Fruit salad Celery Sticks Chick Peas	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread and Vegetable Bar (Available Fresh whole Fruit Chilled Fruit salad Fresh Broccoli Florets Fresh Baby Carrots	Beef Macho Nachos Cheese Sauce Salsa Daily) Fresh whole Fruit Chilled Fruit salad Corn & Black Bean Salsa Sliced Cucumbers	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad  Fresh whole Fruit Chilled Fruit salad Red Pepper Slices Power Peas	SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa  Fresh whole Fruit Chilled Fruit salad Carrot Sticks	Crispy Chicken Nuggets  Seasoned Broccoli Breadstick  Fruit a  Fresh whole Fruit Chilled Fruit salad Celery Sticks	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread  and Vegetable Bar (Available Fresh whole Fruit Chilled Fruit salad Fresh Broccoli Florets Fresh Baby Carrots Mixed Bean Salad	Beef Macho Nachos Cheese Sauce Salsa Daily) Fresh whole Fruit Chilled Fruit salad Corn & Black Bean Salsa	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad  Fresh whole Fruit Chilled Fruit salad Red Pepper Slices	SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa  Fresh whole Fruit Chilled Fruit salad Carrot Sticks Sweet Corn Salad Mixed Bean Salad	Crispy Chicken Nuggets Seasoned Broccoli Breadstick  Fruit a  Fresh whole Fruit Chilled Fruit salad Celery Sticks Chick Peas Mixed Bean Salad	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread  Ind Vegetable Bar (Available Fresh whole Fruit Chilled Fruit salad Fresh Broccoli Florets Fresh Baby Carrots Mixed Bean Salad  Daily Alternate Meals	Beef Macho Nachos Cheese Sauce Salsa Daily) Fresh whole Fruit Chilled Fruit salad Corn & Black Bean Salsa Sliced Cucumbers Mixed Bean Salad	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad  Fresh whole Fruit Chilled Fruit salad Red Pepper Slices Power Peas Mixed Bean Salad	SMART
Chicken & Cheese Quesadilla Mexicali Corn Salsa  Fresh whole Fruit Chilled Fruit salad Carrot Sticks Sweet Corn Salad	Crispy Chicken Nuggets  Seasoned Broccoli Breadstick  Fruit a  Fresh whole Fruit Chilled Fruit salad Celery Sticks Chick Peas	Pineapple Week 5: Bagel Fun Lunch 29 Macaroni & Cheese Seasoned Green beans Garlic Bread  and Vegetable Bar (Available Fresh whole Fruit Chilled Fruit salad Fresh Broccoli Florets Fresh Baby Carrots Mixed Bean Salad	Beef Macho Nachos Cheese Sauce Salsa Daily) Fresh whole Fruit Chilled Fruit salad Corn & Black Bean Salsa Sliced Cucumbers	Mixed Vegetables  31 Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad  Fresh whole Fruit Chilled Fruit salad Red Pepper Slices Power Peas	SMART

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.

Jamie Davies, Director of Dining Services: jamie.davies@compass-usa.com



