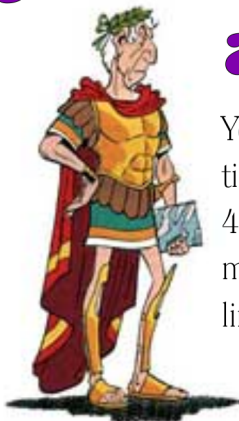


WELCOME TO THE NEW YEAR!

# MENUS FOR JANUARY 2023

Coatesville Area School District - Elementary Schools  
This institution is an equal opportunity provider. Menus are subject to change.

Just be glad it's 2023 and not 46 B.C.



You think the school year seems long? By the time Julius Caesar reformed the calendar in 46 B.C., it was so out of whack that he had to make that year 455 days long to get everything lined up again! Now, *that's* a long school year!

Welcome Back!

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

COATESVILLE AREA SCHOOL DISTRICT NUTRITION SERVICES

## OBLIGATE CARNIVORE.

All of the cats on earth – from the tiniest kitten to fearsome beasts like this jaguar – are **OBLIGATE** or "true" **CARNIVORES**. They require nutrients found only in animal flesh, because they lack the ability to



### ANIMAL APPETITES

fully digest plant matter. Cats have high protein requirements and they can't create many essential nutrients such as retinol, arginine, taurine, and arachidonic acid. Pet cats get those from added nutrients in their food, but, in the wild, all cats **must consume flesh to supply these nutrients.**

Tuesday, January 3

#### Breakfast

Mini Pancakes  
Assorted Craisins  
100% Fruit Punch  
Milk

#### Lunch

Chicken Patty Sandwich or  
PBJ Uncrustable or  
Ham & Cheese on Pretzel Bun  
Shoestring Fries  
Celery Sticks w/ Ranch  
Applesauce  
Milk

Wednesday, January 4

#### Breakfast

Apple frudel  
Assorted Craisins  
100% Orange Juice  
Milk

#### Lunch

BBQ Pulled Pork Sandwich  
Or PBJ Uncrustable  
Or Pepperoni Pizza  
Munchable  
Sliced Cucumber w/ Ranch  
Steamed Broccoli, Diced Pears  
Milk

Thursday, January 5

#### Breakfast

Pumpkin Bread  
Assorted Craisins  
100% Grape Juice  
Milk

#### Lunch

Burrito Bowl w/ Tortilla Chips  
or PBJ Uncrustable  
or Salad w/ Tuna Salad, WG  
Roll & Crackers  
Fiesta Black Beans  
Baby Carrots, Apple Slices  
Milk

Friday, January 6

#### Breakfast

WG Cinnamon Pop-Tarts  
Assorted Craisins  
100% Apple Juice  
Milk

#### Lunch

French Bread Cheese Pizza or  
PBJ Uncrustable or  
Bologna & Cheese on Wheat  
Caesar Salad  
Celery Sticks w/ Ranch  
Mandarin Oranges  
Milk

Monday, January 9

#### Breakfast

Blueberry Muffin  
Assorted Craisins  
100% Apple Juice  
Milk

#### Lunch

The Max Cheese Sticks w/  
Marinara Dipping Sauce or  
PBJ Uncrustable or  
YoGo Meal  
Caesar Salad, Baby Carrots  
Sliced Peaches  
Milk

Tuesday, January 10

#### Breakfast

Belgian Waffle  
Assorted Craisins  
100% Fruit Punch  
Milk

#### Lunch

Mega Minis Chicken Nuggets  
or PBJ Uncrustable  
or Chicken & Cheese Wrap  
Mashed Potatoes  
Baby Carrots  
Applesauce  
Milk

Wednesday, January 11

#### Breakfast

Mini Cinnis  
Assorted Craisins  
100% Orange Juice  
Milk

#### Lunch

Cheeseburger or  
PBJ Uncrustable or  
Pepperoni Pizza Munchable  
Crinkle-cut Fries  
Cucumber w/ Ranch  
Diced Pears  
Milk

Thursday, January 12

#### Breakfast

Mini French Toast  
Assorted Craisins  
100% Grape Juice  
Milk

#### Lunch

Top N Go Walking Tacos or  
PBJ Uncrustable or  
Salad w/ Turkey & Cheese  
Dinner Roll & Crackers  
Fiesta Black Beans, Apples  
Celery Sticks w/ Ranch  
Milk

Friday, January 13

#### Breakfast

Mini Apple Breakfast Bites  
Assorted Craisins  
100% Apple  
Milk

#### Lunch

Stuffed Crust Pizza or  
PBJ Uncrustable or  
Bologna & Cheese on Wheat  
Garden Salad  
Mixed Veggies  
Mandarin Oranges  
Milk

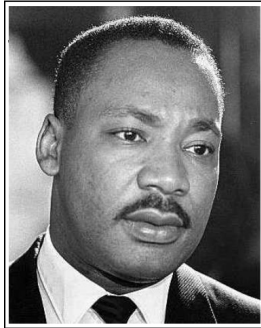
# GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

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

Monday, January 16



*School will be closed today in honor of the birthday of Martin Luther King, Jr.*

Tuesday, January 17

**Breakfast**  
 Mini Pancakes  
 Assorted Craisins  
 100% Fruit Punch  
 Milk  
**Lunch**  
 Chicken Drumstick w/ Mini Biscuit or PBJ Uncrustable or Chicken Caesar Wrap  
 Seasoned Corn, Applesauce  
 Celery Sticks w/ Ranch  
 Milk

Wednesday, January 18

**Breakfast**  
 Cherry Frudel  
 Assorted Craisins  
 100% Orange Juice  
 Milk  
**Lunch**  
 ~NO LUNCH~  
 ~Early Dismissal~

Thursday, January 19

**Breakfast**  
 Pumpkin Bread  
 Assorted Craisins  
 100% Grape Juice  
 Milk  
**Lunch**  
 Ham, Egg & Cheese Bagel or PBJ Uncrustable or Chef Salad w/ Roll & Crackers  
 Tater Tots  
 Baby Carrots  
 Apple Slices  
 Milk

Friday, January 20

**Breakfast**  
 WG Strawberry Pop-Tarts  
 Assorted Craisins  
 100% Apple Juice  
 Milk  
**Lunch**  
 Cheese Pizza or PBJ Uncrustable or Bologna & Cheese on WG Roll  
 Garden Salad  
 Celery Sticks w/ Ranch  
 Mandarin Oranges  
 Milk



**You'll Need:**

- ✓ a raw egg
- ✓ white vinegar
- ✓ a beaker or other plastic container

## Make a "rubber" egg!

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 **Congratulations!** You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. **You've created a rubber egg!**
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look **like a popped balloon!**



Monday, January 23

**Breakfast**  
 Double Choc Chip Muffin  
 Assorted Craisins  
 100% Apple Juice  
 Milk  
**Lunch**  
 Toasted Cheese Sandwich or PBJ Uncrustable or YoGo Meal  
 Caesar Salad, Baby Carrots  
 Tomato Soup  
 Diced Peaches  
 Milk

Tuesday, January 24

**Breakfast**  
 Belgian Waffle  
 Assorted Craisins  
 100% Fruit Punch  
 Milk  
**Lunch**  
 Chicken Patty Sandwich or PBJ Uncrustable or Ham & Cheese on Pretzel Bun  
 Shoestring Fries  
 Celery Sticks w/ Ranch  
 Applesauce  
 Milk

Wednesday, January 25

**Breakfast**  
 Mini Bagels w/ Cinnamon Cream Cheese  
 Assorted Craisins  
 100% Orange Juice, Milk  
**Lunch**  
 BBQ Pulled Pork Sandwich Or PBJ Uncrustable Or Pepperoni Pizza Munchable  
 Sliced Cucumber w/ Ranch  
 Steamed Broccoli, Diced Pears  
 Milk

Thursday, January 26

**Breakfast**  
 Mini French Toast  
 Assorted Craisins  
 100% Grape Juice  
 Milk  
**Lunch**  
 Burrito Bowl w/ Tortilla Chips or PBJ Uncrustable or Salad w/ Tuna Salad, WG Roll & Crackers  
 Fiesta Black Beans  
 Baby Carrots, Apple Slices  
 Milk

Friday, January 27

**Breakfast**  
 Mini Apple Breakfast Bites  
 Assorted Craisins  
 100% Apple  
 Milk  
**Lunch**  
 French Bread Cheese Pizza or PBJ Uncrustable or Bologna & Cheese on Wheat Caesar Salad  
 Celery Sticks w/ Ranch  
 Mandarin Oranges  
 Milk

Monday, January 30

**Breakfast**  
 Blueberry Muffin  
 Assorted Craisins  
 100% Apple Juice  
 Milk  
**Lunch**  
 The Max Cheese Sticks w/ Marinara Dipping Sauce or PBJ Uncrustable or YoGo Meal  
 Caesar Salad, Baby Carrots  
 Sliced Peaches  
 Milk

Tuesday, January 31

**Breakfast**  
 Mini Pancakes  
 Assorted Craisins  
 100% Fruit Punch  
 Milk  
**Lunch**  
 Mega Minis Chicken Nuggets or PBJ Uncrustable or Chicken & Cheese Wrap  
 Mashed Potatoes  
 Baby Carrots  
 Applesauce  
 Milk



## What's on YOUR plate?



Because he beat the eggs, mashed the potatoes, and whipped the cream!

**Q: Why did the food think the chef was such a mean guy?**

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)