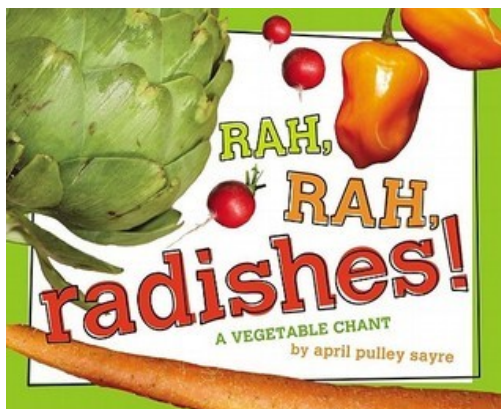


# Pre-K Book of the Month

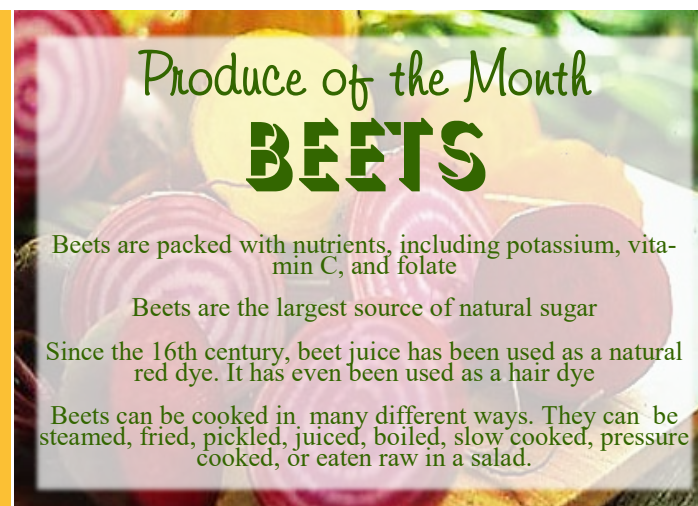


# JANUARY 2020

## Newburgh Enlarged City School District Pre-K Menu

Breakfast and Lunch are available daily to ALL students for FREE!

USDA is an equal opportunity employer & provider



### Looking to make a Difference in 2020?

The NECSD Food Service Department is looking for dedicated individuals to add to our team! Our school meal heroes prepare and serve over 14,000 meals daily. These meals and the smiles that come with them impact our students every day! Please call for more information on this exciting opportunity.

563-3424

#### Monday, January 6

##### Breakfast:

Cinnamon UBR  
Fresh, Canned, or Dried Fruit  
1% Milk

##### Lunch:

Golden Baked Chicken Nuggets  
Whole Grain Dinner Roll  
Whipped Sweet Potatoes  
Fresh Fruit  
1% Milk

#### Tuesday, January 7

##### Breakfast:

Whole Grain Cinnamon French Toast Sticks  
Fresh, Canned, or Dried Fruit  
1% Milk

##### Lunch:

Cheeseburger on a Whole Wheat Bun  
Emoji Shaped Potatoes  
Fresh Fruit  
1% Milk

#### Wednesday, January 8

##### Breakfast:

Whole Grain Pumpkin Bread  
Fresh, Canned, or Dried Fruit  
1% Milk

##### Lunch:

Golden Breaded Fish Sticks  
Whole Grain Dinner Roll  
Baked Confetti Fries  
Chilled Applesauce  
1% Milk

#### Thursday, January 9

##### Breakfast:

Whole Grain Bagel with Cream Cheese  
Fresh, Canned, or Dried Fruit  
1% Milk

##### Lunch:

Hot Ham & Cheese on a Whole Wheat Roll  
Steamed Green Beans  
Warm Peaches  
1% Milk

#### Friday, January 10

##### Breakfast:

Whole Grain Blueberry Muffin  
Mozzarella Cheese Stick  
Fresh, Canned, or Dried Fruit  
1% Milk

##### Lunch:

French Bread Cheese Pizza  
Carrot Raisin Salad  
Chilled Cinnamon Pears  
1% Milk

## Oven Roasted Beets and Sweets

### Ingredients

- 6 medium – sweet potato
- 2 medium – beet
- 1/2 teaspoon – garlic powder
- 1/2 teaspoon – onion powder
- 1 teaspoon – sea salt
- 1 tablespoon – coconut oil



### Instructions

1. Preheat oven to 400 degrees
2. Chop up sweet potatoes and beets into bite size chunks.
3. Place onto a cookie sheet lined with parchment paper and sprinkle with seasonings and oil.
4. Mix together and then place into oven.
5. After 20 minutes of baking give the sweets and beets a toss.
6. Bake for another 20-25 minutes or until slightly browned.

Recipe courtesy of [www.superhealthykids.com](http://www.superhealthykids.com)

## Our School Nutrition Professionals Can't Be BEET

Monday, January 13

### Breakfast:

Zee Zee's Birthday Cake  
Grahams  
Low Fat Yogurt  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

All White Meat Chicken  
Filet  
Whole Grain Dinner Roll  
Steamed Green Beans  
Chilled Peaches  
1% Milk

Tuesday, January 14

### Breakfast:

Whole Grain Confetti  
Pancakes  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Bagel Kit!  
Whole Grain Bagel with  
Cream Cheese  
Lowfat Yogurt  
Mozzarella Cheese Stick  
Carrot Sticks w/ Dip  
Fresh Fruit  
1% Milk

Wednesday, January 15

### Breakfast:

Whole Grain Cinnamon  
Bread  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Homemade Baked Ziti  
Steamed Broccoli  
Fresh Fruit  
1% Milk

Thursday, January 16

### Breakfast:

Egg & Cheese on an  
English Muffin  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Beef & Cheese Nachos  
Steamed Brown Rice  
Golden Corn  
Fresh Fruit  
1% Milk

Friday, January 17

### Breakfast:

Whole Grain Apple  
Cinnamon Muffin  
Mozzarella Cheese Stick  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Homemade Cheese Pizza  
Fresh Broccoli Salad  
Chilled Mixed Fruit  
Choice of Milk

Monday, January 20



Tuesday, January 21

### Breakfast:

Make Your Own Parfait!  
Low Fat Yogurt  
Nut-Free Granola  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Golden Baked Chicken  
Nuggets  
Whole Grain Dinner Roll  
Sweet Potato Fries  
Fresh Fruit  
1% Milk

Wednesday, January 22

### Breakfast:

Whole Grain Blueberry  
Bread  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Sweet & Sour Chicken  
Vegetable "Fried" Rice  
Steamed Broccoli  
Fresh Fruit  
1% Milk

Thursday, January 23

### Breakfast:

Whole Grain Biscuit with  
Butter & Jelly  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Homemade Meat Sauce  
over Whole Grain Pasta  
Steamed Green Bean  
Chilled Applesauce  
1% Milk

Friday, January 24

### Breakfast:

Whole Grain Banana  
Muffin  
Mozzarella Cheese Stick  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

French Bread Cheese  
Pizza  
Fresh Spinach Salad  
Chilled Peaches  
1% Milk

Monday, January 27

### Breakfast:

Zee-Zee's Birthday Cake  
Bar  
Low Fat Yogurt  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Breaded Chicken with  
Gravy over Mashed  
Potatoes  
Whole Grain Mini Biscuit  
Steamed Green Beans  
Fresh Fruit  
1% Milk

Tuesday, January 28

### Breakfast:

Turkey Bacon Egg &  
Cheese Stuffed Croissant  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Vegetarian Chili  
Steamed Brown Rice  
Steamed Carrots  
Chilled Pears  
1% Milk

Wednesday, January 29

### Breakfast:

Whole Grain Banana  
Bread  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Pizza Kit!  
Whole Grain Flatbread  
Mozzarella Cheese  
Turkey Pepperoni  
Pizza Sauce  
Fresh Broccoli Florets  
Fresh Fruit  
1% Milk

Thursday, January 30

### Breakfast:

Whole Grain Mini Maple  
Waffles  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Homemade Macaroni &  
Cheese  
Steamed Broccoli  
Fresh Fruit  
1% Milk

Friday, January 31

### Breakfast:

Whole Grain Mini  
Cornbread Loaf  
Mozzarella Cheese Stick  
Fresh, Canned, or Dried  
Fruit  
1% Milk

### Lunch:

Homemade Cheese Pizza  
Cucumber Dill Salad  
Chilled Applesauce  
1% Milk