

# Menus for January 2020

Nashua Elementary Schools



This institution is an equal opportunity provider. Menus are subject to change.

2020  
**Make a Resolution To Save**

Join us every day for convenient, economical, healthy meals!

**Breakfast**

**Lunch**

**\$1.25**

**\$2.55**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**603-966-1302**



*Happy New Year and Welcome Back! We hope you enjoyed your break!*

Monday, December 30

No School



Tuesday, December 31

No School



Wednesday, January 1

No School  
Happy New Year!



Thursday, January 2

No School



Friday, January 3

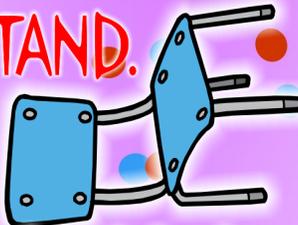
No School



## TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged

8-18 sit for 4.5 hours a day at school - and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

Monday, January 6

**Breakfast**

Cereal & Toast Or  
w/g Cinni Mini\*  
Fruit, 100% Juice, Milk

**Lunch**

Breaded Mozzarella Cheese Sticks\* w/ Marinara Sauce  
Salad Bar  
Steamed Broccoli  
Diced Pears  
Milk

Tuesday, January 7

**Breakfast**

Cereal & Toast Or  
w/g Choc. Chip Muffin\*  
Fruit, 100% Juice, Milk

**Lunch**

Crispy Chicken Nuggets\*  
Oven Baked Fries  
Marinated Black Bean Salad, Salad Bar, Fruit Cocktail, 100% Juice  
Milk

Wednesday, January 8

**Breakfast**

Cereal & Toast Or  
Egg & Cheese Sandwich  
Fruit, 100% Juice, Milk

**Lunch**

Creamy Macaroni & Cheese  
Savory Green Beans  
Salad Bar W/ Carrots & Dip  
Banana  
Milk

Thursday, January 9

**Breakfast**

Cereal & Toast Or  
w/g Donut Holes\*  
Fruit, 100% Juice, Milk

**Lunch**

Chicken Deluxe Patty\*  
On A w/g Bun  
Baked Lays Potato Chips, Corn  
Salad Bar, Mixed Berry Cup, 100% Juice  
Milk

Friday, January 10

**Breakfast**

Cereal & Toast Or  
w/g Cook's Choice  
Fruit, 100% Juice, Milk

**Lunch**

Wedge Sliced Cheese Pizza\*  
Salad Bar  
Tangy Broccoli Salad  
Orange Wedges  
Milk

Monday, January 13

**Breakfast**

Cereal & Toast Or  
w/g Blueberry Muffin\*  
Fruit, 100% Juice, Milk

**Lunch**

All Beef Hot Dog on A  
w/g Roll  
Baked Beans  
Salad Bar W/ Carrots &  
Dip  
Peaches  
Milk

Tuesday, January 14

**Breakfast**

Cereal & Toast Or  
w/g Crumb Cake\*  
Fruit, 100% Juice, Milk

**Lunch**

Potato Crunch Fish  
Sticks\*  
Oven Baked Fries  
Salad Bar  
Assorted Cookies  
Pears  
100% Juice, Milk

Wednesday, January 15

**Breakfast**

Cereal & Toast Or  
w/g Apple Muffin\*  
Fruit, 100% Juice, Milk

**Lunch**

Chef's Choice Day  
Salad Bar W/ Carrots &  
Dip, Assorted Hot  
Vegetables, Choice of  
Fruit, Milk

**Early Release Day**

Thursday, January 16

**Breakfast**

Cereal & Toast Or  
Hot Oatmeal Bar  
Fruit, 100% Juice, Milk

**Lunch**

Ultimate Nachos w/  
Seasoned Beef, Cheese  
Salsa, Lettuce/Tomato  
Salad Bar  
Refried Beans, Corn  
Fruit Cocktail, 100%  
Juice, Milk

Friday, January 17

**Breakfast**

Cereal & Toast Or  
w/g Breakfast Bun\*  
Fruit, 100% Juice, Milk

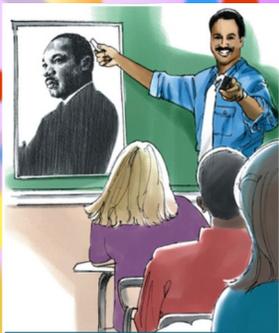
**Lunch**

Stuffed Crust Cheese  
Pizza\*  
Salad Bar W/ Fresh  
Veggies & Dip  
Savory Green Beans  
Orange Smiles  
Milk

**Available Daily**

Assorted Sandwiches on WG Bread  
(Ham, Turkey, Tuna, SB & J)  
Yogurt Lunch w/WG Bread  
w/g = Whole Grain  
\* Indicates Soy  
Cereal & Toast is w/g

Daily Salad Bar



School will be closed  
Monday, January 20  
in recognition of  
Martin Luther King, Jr.'s  
birthday.

Tuesday, January 21

**Breakfast**

Cereal & Toast Or  
w/g Assorted Muffins\*  
Fruit, 100% Juice, Milk

**Lunch**

Crispy Waffle Sticks\*  
W/ Maple Syrup  
Cheesy Egg Patty  
KK Sweet Potato Fries  
Salad Bar  
Banana, 100% Juice  
Milk

Wednesday, January 22

**Breakfast**

Cereal & Toast Or  
w/g Breakfast Bar\*  
Fruit, 100% Juice, Milk

**Lunch**

Cheeseburger\* or  
Hamburger\* On A w/g  
Bun  
Baked French Fries  
Salad Bar  
Strawberry Cup  
Milk

Thursday, January 23

**Breakfast**

Cereal & Toast Or  
Egg & Cheese Sandwich  
Fruit, 100% Juice, Milk

**Lunch**

Fajita Chicken  
Spanish Rice, Mexicali  
Corn, Cheesy Refried  
Beans, Salsa, Salad Bar  
Applesauce, Milk  
  
Ice Cream Treat

Friday, January 24

**Breakfast**

Cereal & Toast Or  
Cook's Choice  
Fruit, 100% Juice, Milk

**Lunch**

4 x 6 Cheese Pizza\*  
Salad Bar W/ Carrots &  
Dip  
Tangy Broccoli Salad  
Pineapple Tidbits  
Milk

**Weird SCIENCE**

**You'll Need:**

- ✓ an avocado seed
- ✓ a glass jar
- ✓ 3 toothpicks

## Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- 1 Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- 2 Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- 3 When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- 4 Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.

Monday, January 27

**Breakfast**

Cereal & Toast Or  
w/g Cinni Mini\*  
Fruit, 100% Juice, Milk

**Lunch**

Toasted Cheese  
Sandwich With Or  
Without Ham On A  
Croissant, Salad Bar  
Creamy Tomato Soup  
Marinated Green  
Beans, Pears, Milk

Tuesday, January 28

**Breakfast**

Cereal & Toast Or  
w/g Breakfast Bun\*  
Fruit, 100% Juice, Milk

**Lunch**

Popcorn Chicken\*  
Bowl w/Mashed  
Potatoes, Corn &  
Gravy, Salad Bar  
w/g Dinner Roll  
Applesauce, 100%  
Juice, Milk

Wednesday, January 29

**Breakfast**

Cereal & Toast Or  
w/g Cinnamon Roll\*  
Fruit, 100% Juice, Milk

**Lunch**

Chef's Choice  
Salad Bar W/ Carrots &  
Dip, 3-Bean Salad  
Hot Vegetable Choice  
Assorted Fruits, Milk  
  
Ice Cream Treat

Thursday, January 30

**Breakfast**

Cereal & Toast Or  
w/g Mini Pancakes\*  
Fruit, 100% Juice, Milk

**Lunch**

Pasta W/ Meat Sauce  
& Mozzarella Cheese  
w/g Dinner Roll  
Salad Bar  
Steamed Broccoli  
Kiwi, 100% Juice  
Milk

Friday, January 31

**Breakfast**

Cereal & Toast Or  
Cook's Choice  
Fruit, 100% Juice, Milk

**Lunch**

Cheese Pizza  
Favorites\*  
Salad Bar, Marinated  
Cucumber & Tomato  
Salad  
Apple/Raisin Crisp W/  
Whip Topping, Milk