

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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1
** No School **

2
** No School **

3
** No School **

Happy New Year!! Lets make 2020 the best year yet!

6
Ham & Cheese Sandwich on Whole Wheat Bread Chicken Fried Steak Sandwich Italian Dunkers (V)
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Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

<b>7</b>
Sunbutter & Jelly Sandwich & String Cheese (V) Cheesy Chicken Spaghetti Frito Chili Pie (V)
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Golden Corn, Celery Sticks, Caesar Salad, & Diced Peaches *Rice Krispies Treat*

8
All American Sandwich on Whole Wheat Bread Creamy Mac & Cheese (V) Chicken Nuggets & Dinner Roll
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Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apples

<b>9</b>
Strawberry Banana Parfait & String Cheese (V) French Toast Sticks & Sausage Corn Dog
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Tater Tots, Fresh Broccoli, Caesar Salad, & Applesauce

10
Kidzable: Italian Fajita Chicken Quesadilla Pepperoni Pizza
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Groovy Green Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

Variety of fat free and low fat milk are offered daily.

<b>13</b>
Terrific Turkey & Cheese Sandwich on Whole Wheat Bread Asian Meatballs & Lo Mein Chicken Tenders & Dinner Roll
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Roasted Broccoli, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

14
Sunbutter & Jelly Sandwich & String Cheese (V) Chicken Enchilada Suiza Beefy Nachos
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Refried Beans, Celery Sticks, Caesar Salad, & Diced Peaches  *Freshly Baked Cookie*

<b>15</b>
All American Sandwich on Whole Wheat Bread Goeyy Grilled Cheese Sandwich (V) Chicken & Waffles
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Emoji Potatoes, Baby Carrots, Garden Salad, Diced Pears & Apples

16
Blueberry Patch Parfait & String Cheese (V) Crispy Chicken Sandwich BBQ Glazed Drumstick & Dinner Roll
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Western Baked Beans, Caesar Salad, Fresh Broccoli, & Applesauce

<b>17</b>
Kidzable: Turkey & Mozzarella Charbroiled Hamburger Home-Style Cheese Pizza (V)
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Golden Corn, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

Local ingredients used when seasonally available.

20
** No School **

21
Sunbutter & Jelly Sandwich & String Cheese (V) Cheesy Omelet & Buttery Toast (V) Walking Nachos
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Golden Corn, Fresh Broccoli, Caesar Salad, Diced Peaches  *Freshly Baked Cookie*

<b>22</b>
All American Sandwich on Whole Wheat Bread Chicken Nuggets & Dinner Roll Sloppy Joe
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Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apples

23
Double Berry Parfait & String Cheese (V) Tater Tot Casserole & Twisted Breadstick Corn Dog
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Mixed Vegetables, Caesar Salad, Fresh Broccoli, & Applesauce

<b>24</b>
Kidzable: Ham & Cheese Rib-b-que Sandwich Cheese Pizza (V)
~~~~~
Western Baked Beans, Garden Salad, Celery Sticks, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item

27
Terrific Turkey & Cheese Sandwich on Whole Wheat Bread Charbroiled Cheeseburger Mexi-Chicken Nachos
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Frijoles ala Charro, Garden Salad, Celery Sticks, Pineapple Tidbits & Orange Smiles

<b>28</b>
Sunbutter & Jelly Sandwich & String Cheese (V) Hearty Chili & Cinnamon Roll (V) Creamy Mac & Cheese (V)
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Roasted Broccoli, Caesar Salad, Baby Carrots, & Diced Peaches *Cocoa Rice Krispies Treat*

29
All American Sandwich on Whole Wheat Bread Italian Dunkers (V) Chicken Nuggets & Dinner Roll
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Whipped Potatoes & Gravy, Fresh Broccoli, Garden Salad, Diced Pears & Apples

<b>30</b>
Strawberry Fields Parfait & String Cheese (V) Home Run Hotdog Chicken Enchilada Suiza
~~~~~
Golden Corn, Baby Carrots, Garden Salad, & Applesauce

31
Kidzable: Italian Scratch Beefy Lasagna Pepperoni Pizza
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Green Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

Lunch Prices Full: \$2.80 Reduced: \$1.40 Faculty: \$3.45 Guest: \$4

This institution is an equal opportunity provider.

## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		January 1 ** No School **	January 2 ** No School **	January 3 ** No School **
January 6 Pancakes Hard Boiled Egg Diced Peaches Orange Juice	January 7 Honey Glazed Chicken Biscuit Banana Muffin Orange Smiles Apple Juice	January 8 Breakfast Pizza Yogurt & Graham Crackers Diced Peaches Orange Juice	January 9 Egg & Cheese Biscuit Filled Cinnamon Toast Crunch Bar Mixed Fruit Apple Juice	January 10 BYO Oatmeal Bar Strawberry Nutrigrain Bar Diced Pears Orange Juice
January 13 French Toast Sticks Yogurt with Graham Crackers Diced Peaches Orange Juice	January 14 Biscuit & Gravy Coffee Cake Orange Smiles Apple Juice	January 15 Breakfast Pizza Blueberry Muffin Diced Peaches Orange Juice	January 16 Breakfast Taco Cinnamon Roll Mixed Fruit Apple Juice	January 17 Pancake Sausage Wrap Strawberry Nutrigrain Bar Diced Pears Orange Juice
January 20 ** No School **	January 21 Sausage Biscuit Glazed Donut Orange Smiles Apple Juice	January 22 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Diced Peaches Orange Juice	January 23 Cheesy Omelet Cinnamon Roll Mixed Fruit Apple Juice	January 24 Biscuit & Gravy Yogurt with Graham Crackers Diced Pears Orange Juice
January 27 Pancakes Hard Boiled Egg Diced Peaches Orange Juice	January 28 Honey Glazed Chicken Biscuit Banana Muffin Orange Smiles Apple Juice	January 29 Breakfast Pizza Yogurt with Graham Crackers Diced Peaches Orange Juice	January 30 Filled Cinnamon Toast Crunch Bar Egg & Cheese Breakfast Sandwich Mixed Fruit Apple Juice	January 31 ** Birthday Confetti Pancakes! Strawberry Nutrigrain Bar Diced Pears Orange Juice

### Fresh Pick Recipe

#### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey (ground)
- ¾ c Onion (medium dice)
- ¾ c Bell pepper (medium dice)
- ½ c Celery (sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce (low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce (optional)
- Salt and pepper to taste
- 3 Oranges (peeled/large dice)
- 1 Head of Romaine lettuce (washed/leaves separated)
- ½ c Carrots (shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

