

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

1

Winter Break

2

Winter Break

3

Winter Break

4

Winter Break

Oranges are the fresh pick for January! Oranges are fat, sodium and cholesterol free and a great source of vitamin C!

7

Strawberry Fields Parfait (V)
Charbroiled Cheeseburger
Mexi-Chicken Nachos

Seasoned Carrots, Celery Sticks,
Garden Salad, Pineapple Tidbits &
Orange Smiles

8

Kidzable: Turkey & Mozzarella
Sloppy Joe
Italian Dunkers

Mixed Vegetables, Baby Carrots,
Caesar Salad, Diced Peaches &
Bananas

9

Ham & Cheese Sandwich on Whole
Wheat Bread
Corn Dog
Crispy Chicken Nuggets & Dinner Roll

Whipped Potatoes & Gravy, Fresh
Broccoli, Garden Salad, Diced Pears
& Apple Slices

10

Kidzable: Italian
Frito Chili Pie
Pancakes, Scrambled Eggs &
Sausage

Groovy Green Beans, Caesar Salad,
Baby Carrots, Applesauce & Fresh
Bananas
Mini Rice Krispies Treat

11

Sunbutter & Jelly Sandwich on Whole
Wheat Bread
Creamy Macaroni & Cheese (V)
Pepperoni Pizza

Western Baked Beans, Garden Salad,
Celery Sticks, Mixed Fruit & Orange
Smiles

Local ingredients used when seasonally available

14

Just Peachy Parfait (V)
Grilled Chicken Sandwich
Walking Nachos

Roasted Corn, Garden Salad, Baby
Carrots, Pineapple Tidbits & Orange
Smiles

15

Kidzable: Ham & Cheese
Sweet & Sour Chicken
with Brown Rice
Home-Run Hotdog

Groovy Green Beans, Caesar Salad,
Fresh Broccoli, Diced Peaches &
Fresh Bananas

16

Terrific Turkey & Cheese Sandwich on
Whole Wheat Bread
Savory Beefy Mac with Breadstick
Chicken & Waffles

Emoji Potatoes, Celery Sticks,
Garden Salad, Diced Pears & Sliced
Apples

17

Kidzable: Protein Power!
Goopy Grilled Cheese Sandwich (V)
Steak Fingers with Dinner Roll

Whipped Potatoes & Gravy, Fresh
Broccoli, Caesar Salad, Applesauce &
Bananas
Freshly Baked Cookie

18

Sunbutter & Jelly Sandwich on Whole
Wheat Bread
Crispy Chicken Sandwich
Cheese Pizza (V)

Western Baked Beans, Celery Sticks,
Garden Salad, Mixed Fruit & Orange
Smiles

Variety of fat free and low fat milk are offered daily

21

No
School

22

Kidzable: Turkey & Mozzarella
Cheesy Chicken Spaghetti
Meatball Sub

Green Peas, Celery Sticks,
Caesar Salad, Diced Peaches
& Bananas
Mini Rice Krispies Treat

23

Ham & Cheese Sandwich
Chicken Fried Steak Sandwich
Crispy Chicken Nuggets with Dinner
Roll

Whipped Potatoes & Gravy, Baby
Carrots, Garden Salad, Diced Pears
& Apple Slices

24

Kidzable: Italian
Corn Dog
French Toast Sticks with Scrambled
Eggs & Sausage

Groovy Green Beans, Fresh Broccoli,
Caesar Salad, Applesauce &
Bananas

25

Sunbutter & Jelly Sandwich on Whole
Wheat Bread
Frito Chili Pie
Pepperoni Pizza

Mixed Garden Vegetables, Celery
Sticks, Garden Salad, Mixed Fruit &
Orange Smiles

(V) Denotes a vegetarian friendly item

28

Blueberry Patch Parfait (V)
Charbroiled Cheeseburger
Zesty Orange Chicken with Brown
Rice

Groovy Green Beans, Baby Carrots,
Garden Salad, Pineapple Tidbits &
Orange Smiles

29

Kidzable: Ham & Cheese
Beefy Nachos
Chicken Alfredo with Breadstick

Mixed Garden Vegetables, Celery
Sticks, Caesar Salad, Diced Peaches
& Bananas
Freshly Baked Cookie

30

Terrific Turkey & Cheese Sandwich on
Whole Wheat Bread
Creamy Macaroni & Cheese (V)
Chicken & Waffles

Emoji Potatoes, Fresh Broccoli,
Garden Salad, Diced Pears & Sliced
Apples

31

Kidzable: Turkey & Mozzarella
Home-Run Hot Dog
Goopy Grilled Cheese Sandwich (V)

Seasoned Carrots, Celery Sticks,
Caesar Salad, Applesauce & Fresh
Bananas



Lunch Prices: Paid: \$2.70 Reduced: \$0.40 District Adult:\$3.35 Adult:\$4.00

This institution is an equal opportunity provider.

Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 7 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	January 8 Pancake Sausage Wrap Double Chocolate Muffin Orange Smiles	January 9 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Bananas	January 10 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	January 11 Breakfast Taco Yogurt & Goldfish Graham Cracker Diced Pears
January 14 Honey Glazed Chicken Biscuit Banana Muffin Diced Peaches	January 15 Pancakes Boiled Egg Orange Smiles	January 16 Breakfast Pizza Yogurt with Goldfish Graham Cracker Bananas	January 17 Egg & Cheese Sandwich Cinnamon Sugar Whole Grain Donut Mixed Fruit	January 18 Biscuit & Gravy Nutrigrain Bar Diced Pears
January 21 No School	January 22 French Toast Sticks Yogurt with Goldfish Graham Cracker Orange Smiles	January 23 Breakfast Pizza Blueberry Muffin Bananas	January 24 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	January 25 Biscuit & Gravy Nutrigrain Bar Diced Pears
January 28 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	January 29 Pancake Sausage Wrap Chocolate Muffin Orange Smiles	January 30 Breakfast Pizza Nutrigrain Bar Bananas	January 31 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	

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.

