

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Winter Break	Winter Break	Bean & Cheese Burrito ----- Corn Apple Slices	Twisted Dog Sunbutter & Jelly Sandwich ----- Roasted Broccoli Orange Smiles	Cheese Pizza (V) ----- Crinkle Cut Fries Apple Slices

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8	9	10	11	12
Baked Penne Garlic Knot ----- Roasted Green Beans Bananas	Cheeseburger ----- Crinkle Cut Fries Applesauce Chocolate Chip Cookie	Chicken Nuggets Dinner Roll ----- Smile Fries Apple Slices	BBQ Riblet Sandwich ----- Corn Orange Smiles	Cheesy Baked Potato Sunbutter & Jelly Sandwich ----- Roasted Broccoli Apple Slices

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15	16	17	18	19
Winter Break	Popcorn Chicken Bowl Dinner Bowl ----- Mashed Potatoes Corn Applesauce Chocolate Chip Cookie	Meatball Sub Pizza Bento Box ----- Parmesan Green Beans Apple Slices	Corn Dog Deli Bento Box ----- Sweet Potato Deep Groove crinkles Orange Smiles	Pepperoni Pizza ----- Salad Apple Slices

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22	23	24	25	26
Italian Dunkers ----- Fresh Broccoli Bananas	Cheese Pizza (V) ----- Salad Applesauce Chocolate Chip Cookie	Spaghetti with Meat Sauce ----- Green Beans Apple Slices	Grilled Cheese Sandwich Sunbutter & Jelly Sandwich ----- Sweet Potato Deep Groove Crinkles Orange Smiles	Chicken Nuggets Dinner Roll ----- Mashed Potatoes & Gravy Apple Slices

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29	30	31		
Crispy Chicken Sandwich Deli Bento Box ----- Fresh Carrots Bananas	Macaroni & Cheese (V) ----- Roasted Broccoli Applesauce Chocolate Chip Cookie	Breakfast 4 Lunch ----- Apple Glazed Carrots Apple Slices	Popcorn Chicken Dinner Roll ----- Mashed Potatoes & Gravy Orange Smiles	Hamburger ----- Tater Tots Apple Slices

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 1 Winter Break	January 2 Winter Break	January 3 Breakfast Pizza Orange Smiles ~~~~~ Fruit Juice & Milk	January 4 Yogurt Bananas ~~~~~ Fruit Juice & Milk	January 5 Pancakes Apple Slices ~~~~~ Fruit Juice & Milk
January 8 Pancake Sausage Bites Applesauce ~~~~~ Fruit Juice & Milk	January 9 Biscuits & Gravy Bananas ~~~~~ Fruit Juice & Milk	January 10 Egg & Cheese Breakfast Burrito Orange Smiles ~~~~~ Fruit Juice & Milk	January 11 H&C English Muffin Bananas ~~~~~ Fruit Juice & Milk	January 12 French Toast Sticks Apple Slices ~~~~~ Fruit Juice & Milk
January 15 Martin Luther King Day	January 16 Apple Cinnamon Muffin Bananas ~~~~~ Fruit Juice & Milk	January 17 Pancakes Orange Smiles ~~~~~ Fruit Juice & Milk	January 18 Scrambled Eggs & Toast Bananas ~~~~~ Fruit Juice & Milk	January 19 Sausage Biscuit Apple Slices ~~~~~ Fruit Juice & Milk
January 22 French Toast Sticks Applesauce ~~~~~ Fruit Juice & Milk	January 23 Egg & Cheese Breakfast Burrito Bananas ~~~~~ Fruit Juice & Milk	January 24 Breakfast Pizza Orange Smiles ~~~~~ Fruit Juice & Milk	January 25 Sausage Biscuit Bananas ~~~~~ Fruit Juice & Milk	January 26 Pancake Bites Apple Slices ~~~~~ Fruit Juice & Milk
January 29 Assorted Cereal Applesauce ~~~~~ Fruit Juice & Milk	January 30 Biscuits & Gravy Donut Bananas ~~~~~ Fruit Juice & Milk	January 31 Scrambled Eggs & Toast Orange Smiles ~~~~~ Fruit Juice & Milk	February 1 H&C English Muffin Bananas ~~~~~ Fruit Juice & Milk	February 2 Sausage Biscuit Apple Slices ~~~~~ Fruit Juice & Milk

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Variety of cereal, fat-free, & low-fat milk offered daily

Nutrition Information is available upon request.