

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Chicken Nuggets

Baby Carrots,
Fresh Apples

4

Italian Dunkers (V)

Fresh Broccoli
Oranges Smiles

5

Pepperoni Pizza

Roasted Broccoli & Carrots
Fresh Bananas

6

Crispy Chicken Sandwich

Tater Tot Hash
Mixed Fruit

7

Steak Fingers

Mashed Potatoes w/ Gravy
Cinnamon Swirled Apples

Fresh Pick of the Month: Pears!

10

Home-style Cheese Pizza (V)

Baby Carrots
Diced Peaches

11

Giant Beef Taco

Tater Tots
Orange Smiles

12

Hot Dog

Roasted Broccoli & Carrots
Fresh Bananas

13

Italian Dunkers (V)

Aztec Corn
Mixed Fruit

14

Chicken Nuggets & Garlic Knot

Mashed Potatoes & Gravy
Diced Pears

Local ingredients used when seasonally available

17

NO SCHOOL

18

Walking Nachos

Aztec Corn
Orange Smiles

19

Baked Penne Pasta (V)

Potato Wedges
Fresh Bananas

20

Mini Corn Dogs

Baked Beans
Fresh Apples

21

Cheese Pizza (V)

Baby Carrots
Fresh Bananas

Variety of fat free and low fat milk are offered daily

24

Classic Mac & Cheese (V)

Roasted Broccoli
Diced Peaches

25

Beefy Tot'chos

Mixed Vegetables
Fresh Apples

26

Popcorn Chicken Bowl

Mashed Potatoes w/ Gravy
Corn
Applesauce

27

Spaghetti with Meatballs

Baby Carrots
Fresh Oranges

28

Goopy Grilled Cheese Sandwich

Sweet Potato Fries
Cinnamon Swirled Apples

(V) denotes vegetarian friendly item

31

Breakfast 4 Lunch: Pancakes &
Scrambled Eggs(V)

Tater Tots,
Baked Cinnamon Apples



Menu subject to change based on product availability

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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3 Assorted Cereal Juice Milk	January 4 Assorted Cereal Juice Milk	January 5 Assorted Cereal Juice Milk	January 6 Assorted Cereal Juice Milk	January 7 Assorted Cereal Juice Milk
January 10 Assorted Cereal Juice Milk	January 11 Assorted Cereal Juice Milk	January 12 Assorted Cereal Juice Milk	January 13 Assorted Cereal Juice Milk	January 14 Assorted Cereal Juice Milk
January 17 NO SCHOOL	January 18 Assorted Cereal Juice Milk	January 19 Assorted Cereal Juice Milk	January 20 Assorted Cereal Juice Milk	January 21 Assorted Cereal Juice Milk
January 24 Assorted Cereal Juice Milk	January 25 Assorted Cereal Juice Milk	January 26 Assorted Cereal Juice Milk	January 27 Assorted Cereal Juice Milk	January 28 Assorted Cereal Juice Milk
January 31 Assorted Cereal Juice Milk				

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.