

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Ham & Cheese Sandwich
Cheese Ravioli (V)
Chicken Nuggets

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Mixed Vegetables, Baby Carrots,  
Caesar salad, Fresh Apples, Diced  
Peaches

**4**

Classic Ham & Cheese Sandwich  
Cheeseburger  
Italian Dunkers (V)

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Baked Beans, Fresh Broccoli, Garden
Salad, Diced Pears & Oranges Smiles

5

Chef Salad
Pepperoni Pizza
Hot Dog

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Roasted Broccoli & Carrots, Celery  
Sticks, Super Salad, Applesauce &  
Fresh Bananas

**6**

Bento Box  
Crispy Chicken Sandwich  
Taco Quesadilla

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Tater Tot Hash, Fresh Broccoli,
Garden Salad, Mixed Fruit & Orange
Smiles

7

Turkey & Cheese Sandwich
Frito Chili Pie
Steak Fingers

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Mashed Potatoes w/ Gravy, Green  
Beans, Baby Carrots, Super  
Salad, Cinnamon Swirled Apples &  
Fresh Bananas

Fresh Pick of the Month: Pears!

**10**

Yogurt & Fruit Parfait (V)  
Italian Meatball Sub  
Homestyle Cheese Pizza (V)

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Mixed Vegetables, Baby Carrots,
Caesar Salad, Fresh Apples & Diced
Peaches

11

Italian Deli Sandwich
Giant Beef Taco
Spaghetti with Meat Sauce

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Tater Tots, Fresh Broccoli, Garden  
Salad, Diced Pears & Orange Smiles

**12**

Fiesta Salad  
Sweet & Sour Chick'n with Rice (V)  
Hot Dog

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Roasted Broccoli & Carrots, Celery
Sticks, Super Salad, Applesauce &
Fresh Bananas

13

Crispy Chicken Wrap
Taco Nachos
Italian Dunkers (V)

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Aztec Corn, Fresh Broccoli, Garden  
Salad, Mixed Fruit & Orange Smiles

**14**

Bento Box  
BBQ Chicken Sandwich  
Chicken Nuggets & Garlic Knot

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Mashed Potatoes & Gravy, Baby
Carrots,
Super Salad, Cinnamon Swirled
Apples & Fresh Bananas

Local ingredients used when seasonally available

17

NO SCHOOL

18

Chicken Caesar Salad
Glazed Chicken Drumstick
Walking Nachos

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Aztec Corn, Fresh Broccoli,  
Garden Salad, Diced Pears & Orange  
Smiles

**19**

Turkey & Cheese Sandwich  
Crispy Chicken Sandwich  
Baked Penne Pasta (V)

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Potato Wedges, Celery Sticks, Super
Salad, Applesauce & Fresh Bananas

20

All American Sandwich
Parmesan Chicken
Mini Corn Dogs

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Baked Beans, Fresh Broccoli, Garden  
Salad, Mixed Fruit & Orange Smiles

**21**

All American Sandwich  
Chicken Enchilada Suiza  
Cheese Pizza (V)

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Roasted Broccoli & Carrots, Baby
Carrots, Super Salad,
Cinnamon Swirled Apples & Fresh
Bananas

Variety of fat free and low fat milk are offered daily

24

Bento Box
Classic Mac & Cheese (V)
Black Bean Burger

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Roasted Broccoli, Baby Carrots,  
Caesar Salad, Fresh Apples & Diced  
Peaches

**25**

Chef Salad  
Chicken Alfredo Mac  
Beefy Tot'chos

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Mixed Vegetables, Fresh Broccoli,
Garden Salad, Fresh Oranges &
Diced Pears

26

Classic Ham & Cheese Sandwich
Popcorn Chicken Bowl
Hot Dog

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Baked Beans, Fresh Broccoli, Super  
Salad, Applesauce & Fresh Bananas

**27**

Yogurt & Fruit Parfait (V)  
Spaghetti with Meatballs  
Teriyaki Chicken Rice Bowl

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Roasted Broccoli & Carrots, Baby
Carrots, Garden Salad, Fresh
Oranges & Mixed Fruit

28

Crispy Chicken Wrap
Goopy Grilled Cheese Sandwich
Cheese Pizza (V)

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Sweet Potato Fries, Celery Sticks,  
Super Salad, Cinnamon Swirled  
Apples & Fresh Bananas

(V) denotes vegetarian friendly item

**31**

Pizza Bento Box  
Crispy Chicken Sandwich  
Breakfast 4 Lunch: Pancakes &  
Scrambled Eggs(V)

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Tater Tots, Baked Cinnamon Apples,
Baby
Carrots, Caesar Salad, Fresh Apples
& Diced Peaches

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Blank menu box

Blank menu box



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 Mini Cinnamon Bagels Chocolate Muffin Mixed Fruit	January 4 Bacon Scramble Breakfast Pizza Apple Pie Oats Baked Cinnamon Apples & Raisins	January 5 French Toast Sticks Apple Pie Oats Fresh Banana & Orange Smiles	January 6 Biscuit & Gravy Peaches n' Cream Oats Diced Peaches	January 7 Blueberry Mini Waffles Peaches n' Cream Oats Applesauce
January 10 Oatmeal Round Yogurt & Fruit Parfait Pop Tart Raisins	January 11 Pancakes Yogurt & Fruit Parfait Mixed Fruit	January 12 Biscuit & Gravy Yogurt & Fruit Parfait Pop Tart Fresh Banana & Orange Smiles	January 13 Tater Tot Burrito Yogurt & Fruit Parfait Pop Tart Diced Pears	January 14 Breakfast Pizza Yogurt & Fruit Parfait Pop Tart Orange Smiles
January 17 NO SCHOOL	January 18 Whole Grain Bagel Blueberry Muffin Diced Peaches	January 19 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	January 20 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	January 21 Cinnamon Roll Fruit & Yogurt Smoothie Raisins
January 24 American Breakfast Sandwich Yogurt & Fruit Parfait Raisins	January 25 Pancakes Yogurt & Fruit Parfait Diced Peaches	January 26 Oatmeal Round Yogurt & Fruit Parfait Bananas & Orange Smiles	January 27 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	January 28 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
January 31 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears				

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.