

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Turkey Taco Nachos

Side Veggie: Aztec Corn and Black Beans

2

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Homemade Cheese Pizza (v)
Scratch Made Sloppy Joe
Chicken Caesar Salad with WG Rolls

Side Veggie: Oven Baked Fries

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

5

Breakfast:
Build Your Own Yogurt Bowl (v)

Lunch:
Pepperoni or Cheese Pizza (v)
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Tater Tots

6

Breakfast:
Maple Mini Waffles (v)

Lunch:
Chicken Alfredo Pasta
Chicken Burger
Sunbutter and Jelly Sandwich (v)

Side Veggie: Mixed Vegetable Blend

7

Breakfast:
Ham & Cheese Breakfast Sandwich
or Ultimate Breakfast Round (v)

Lunch:
Pork Posole with WG Tortilla Chips
Pretzel with Cheese Sauce (v)
Chef Salad with WG Rolls

Side Veggie: Potato Wedges

8

Breakfast:
Fruit & Yogurt Parfait (v)

Lunch:
Warm BBQ Chicken Hero Sandwich
Baked Corn Dog
American Sandwich

Side Veggie: Baked Beans

9

Breakfast:
Homemade Fruit Muffin (v) or Muffin
Square (v)

Lunch:
Homemade Cheese Pizza (v)
Chicken Nuggets
Ham & Cheese Sandwich
Side Veggie: Tater Tots

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

12

Breakfast:
French Toast (v)

Lunch:
Pepperoni or Cheese Pizza
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Tater Tots

13

Breakfast:
Sausage Biscuit

Lunch:
Turkey Soft Taco
Chicken Nuggets
Sunbutter & Jelly Sandwich (v)
Chef Salad with WG Rolls

Side Veggie: Oven Baked Fries

14

Breakfast:
Breakfast Bowl with Toast

Lunch:
Popcorn Chicken Potato Bowl
with WG Roll
Hot Dog
Ham & Cheese Sandwich
Fruit & Yogurt Parfait (v)
Side Veggie: Baked Beans

15

Breakfast:
Homemade Breakfast Burrito

Lunch:
Spaghetti Pasta with Meat Sauce
Chicken Burger or Spicy Chicken
Burger
Turkey & Cheese Sandwich

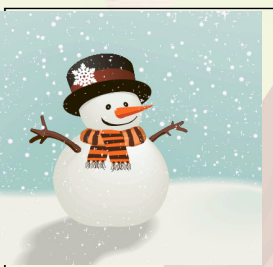
Side Veggie: Roasted Broccoli and Carrots

16

Breakfast:
WG Cinnamon Roll (v)

**Holiday Special Lunch Served with
Dessert and Surprise Gift:**
Grilled Ham Steaks
Grilled Cheese Sandwich (v)
Cheese Pizza (v)

Side Veggie: Mashed Potatoes and Gravy



20

Winter Break

21

WINTER BREAK

22

Winter Break



27

Winter Break

28

WINTER BREAK

29

Winter Break



(v) = meatless option

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. 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 consuming 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. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

liffosplayground.com

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as adults, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: **WebMD Feature: "How Much Sleep Do Children Need?"**

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



SCHOOL MEAL PRICES:

Students who are free-priced eligible will receive student meals at no cost.
Student Breakfast \$1.50, Reduced Breakfast \$0.30 All
Student Lunch \$2.95 Elem, \$3.30 Mid, \$3.55 High, Reduced Lunch \$4.40 All
Adult Breakfast \$2.45 Adult Lunch \$4.35

*While we prefer to utilize online accounts (pre deposited money to Student account) to assist in speed of service we also accept Cash, Check and will process deposits for Student accounts.

**PLEASE NOTE: Supply Chain issues may result in unexpected menu changes. We will do everything possible to substitute with similar items. ie- chicken nuggets substitute for chicken strips. We apologize for any inconveniences and thank you for your patience and understanding.

Nutrition Information is available upon request.