

MONDAY



TUESDAY

3

Breakfast:
Pancakes with Cinnamon & Sugar (v)
Lunch:
Mini Cheese Ravioli with WG Roll (v)
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Baked Beans

WEDNESDAY

4

Breakfast:
Sausage & Cheese Breakfast Sandwich
Lunch:
Orange Chicken Rice Bowl
Baked Corn Dog
Sunbutter & Jelly Sandwich (v)

Side Veggie: Roasted Broccoli & Carrots

THURSDAY

5

Breakfast:
Apple Frudel (v)
Lunch:
Macaroni & Cheese (v)
Chicken Burger
Fruit & Yogurt Parfait (v)

Side Veggie: Aztec Corn

FRIDAY

6

Breakfast:
Scratch-Made French Toast (v)
Lunch:
Homemade Pepperoni Pizza
Homemade Cheese Pizza (v)
Turkey & Cheese Sandwich

Side Veggie: Tater Tot Hash

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

9

Breakfast:
Waffles with Fruit Compote (v)
Lunch:
Meatball Marinara Sub
Chicken Nuggets with WG Roll
Chef Salad with WG Rolls

Side Veggie: Mixed Vegetables

10

Breakfast:
Turkey Sausage Breakfast Pizza
Lunch:
Breakfast For Lunch: French Toast Sticks and Sausage
Taco Tuesday: Turkey Soft Taco Italian Sub

Side Veggie: Tater Tots

11

Breakfast:
Ultimate Breakfast Round
Lunch:
Sweet & Sour Chicken Rice Bowl
Hot Dog
Sunbutter & Jelly Sandwich (v)

Side Veggie: Roasted Broccoli & Carrots

12

Breakfast:
Sausage and Cheese Biscuit
Lunch:
Cheesy Breadsticks with Marinara (v)
Turkey Taco Nachos
Crispy Chicken Wrap

Side Veggie: Aztec Corn & Black Beans

13

Breakfast:
WG Cinnamon Roll (v)
Lunch:
Homemade Cheese Pizza (v)
Chicken Nuggets
American Sandwich

Side Veggie: Mashed Potatoes

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



17

Breakfast:
Mini Maple Waffles (v)
Lunch:
Chicken Alfredo Pasta
Chicken Burger
Sunbutter and Jelly Sandwich (v)

Side Veggie: Mixed Vegetable Blend

18

Breakfast:
Ham & Cheese Muffin Sandwich
Lunch:
Pork Posole with WG Tortilla Chips
Pretzel with Cheese Sauce (v)
Turkey & Cheese Sandwich

Side Veggie: Potato Wedges

19

Breakfast:
Apple Frudel
Lunch:
Roasted Chicken and Gravy over Mashed Potatoes and WG Rolls
Baked Corn Dog
Fruit & Yogurt Parfait (v)

Side Veggie: Baked Beans

20

Breakfast:
Homemade Fruit Muffin or Muffin Square (v)
Lunch:
Homemade Cheese Pizza (v)
Fish & Chips
Ham & Cheese Sandwich

Side Veggie: Roasted Broccoli and Carrots

23

Breakfast:
French Toast Sticks (v)
Lunch:
Turkey Tot'Chos with WG Rolls
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Roasted Broccoli

24

Breakfast:
Ham and Cheese Muffin
Lunch:
Taco Tuesday: Turkey Soft Taco
Sunbutter & Jelly Sandwich (v)
Chef Salad with WG Rolls

Side Fruit: Mixed Vegetables

25

Breakfast:
Breakfast Bowl with Toast
Lunch:
Popcorn Chicken Potato Bowl with WG Roll
Hot Dog
Ham & Cheese Sandwich

Side Veggies: Baked Beans

26

Breakfast:
Homemade Breakfast Burrito
Lunch:
Spaghetti Pasta with Marina Sauce (v)
Chicken Burger
Turkey & Cheese Sandwich

Side Veggie: Roasted Broccoli and Carrots

27

Breakfast:
WG Cinnamon Roll (v)
Lunch:
Grilled Cheese Sandwich (v)
Pepperoni Pizza
Cheese Pizza (v)
Crispy Chicken Wrap

Side Veggie: Sweet Potato Fries

30

Breakfast:
Pancake & Sausage
Lunch:
Chicken Teriyaki Rice Bowl
Lasagna Roll-Up with WG Roll (v)
Turkey & Cheese Sandwich

Side Veggie: Roasted Broccoli & Carrots



(v) = meatless option

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

Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. Its truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

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

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.

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.