

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

3

**Breakfast:**  
Egg & Cheese Quesadilla (v)  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Pork Rib-B-Que Sandwich  
Ham & Cheese Sandwich  
Side Veggie: mixed Vegetables

4

**Breakfast:**  
Pancake Bites with Cinnamon & Sugar (v)  
**Lunch:**  
Mini Cheese Ravioli with WG Roll (v)  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Side Veggie: Baked Beans

5

**Breakfast:**  
Sausage & Cheese Breakfast Sandwich  
**Lunch:**  
Orange Chicken Rice Bowl  
Baked Corn Dog  
Chef Salad with WG Rolls  
Side Veggie: Roasted Broccoli & Carrots

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**Breakfast:**  
Apple Frudel (v)  
**Lunch:**  
Macaroni & Cheese (v)  
Chicken Burger  
Garden Salad with WG Roll (v)  
Side Veggie: Aztec Corn

7

**Breakfast:**  
Scratch-Made French Toast (v)  
**Lunch:**  
Cheese Omelet & Cinnamon Pinwheel (v)  
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

10

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

11

**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

12

**Breakfast:**  
Scrambled Egg Bowl with Toast  
**Lunch:**  
Sweet & Sour Chicken Rice Bowl  
Hot Dog  
Turkey Taco Salad with WG Tortilla Chips  
Side Veggie: Roasted Broccoli & Carrots

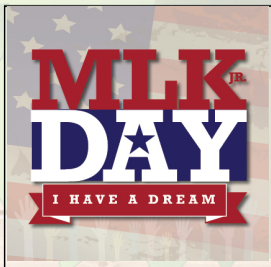
13

**Breakfast:**  
Build-Your-Own-Oatmeal Bowl  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Turkey Taco Nachos  
Crispy Chicken Wrap  
Side Veggie: Aztec Corn & Black Beans

14

**Breakfast:**  
WG Cinnamon Roll (v)  
**Lunch:**  
Homemade Cheese Pizza (v)  
Scratch Made Sloppy Joe  
Chicken Caesar Salad with WG Rolls  
Side Veggie: Mashed Potatoes

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



18

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Chicken Alfredo Pasta  
Chicken Burger  
Sunbutter and Jelly Sandwich (v)  
Side Veggie: Mixed Vegetable Blend

19

**Breakfast:**  
Ham & Cheese Muffin Sandwich  
**Lunch:**  
Pretzel with Cheese Sauce (v)  
Turkey & Cheese Sandwich  
Chef Salad with WG Rolls  
Side Veggie: Potato Wedges

20

**Breakfast:**  
Breakfast Banana Split (v)  
**Lunch:**  
Turkey Gravy over Mashed Potatoes and WG Rolls  
Baked Corn Dog  
American Sandwich  
Side Veggie: Baked Beans

21

**Breakfast:**  
Homemade Fruit Muffin or Muffin Square (v)  
**Lunch:**  
Homemade Cheese Pizza (v)  
Southwest Chicken Wrap  
Ham & Cheese Sandwich  
Side Veggie: Roasted Broccoli and Carrots

24

**Breakfast:**  
French Toast Sticks (v)  
**Lunch:**  
Turkey Tot'Chos with WG Rolls  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Italian Combo Stacker Box  
Side Veggie: Roasted Broccoli

25

**Breakfast:**  
Blueberry Overnight Oats (v)  
**Lunch:**  
Taco Tuesday: Turkey Soft Taco  
Glazed Chicken Drumstick with WG Rolls  
Chef Salad with WG Rolls  
Side Fruit: Mixed Vegetables

26

**Breakfast:**  
Breakfast Bowl with Toast  
**Lunch:**  
Popcorn Chicken Potato Bowl with WG Roll  
Hot Dog  
Ham & Cheese Sandwich  
Side Veggies: Baked Beans

27

**Breakfast:**  
Homemade Breakfast Burrito  
**Lunch:**  
Spaghetti Pasta with Meat Sauce  
Chicken Burger  
Chicken Caesar Salad with WG Rolls  
Turkey & Cheese Sandwich  
Side Veggie: Roasted Broccoli and Carrots

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**Breakfast:**  
WG Cinnamon Roll (v)  
**Lunch:**  
Chicken & Waffles  
Grilled Cheese Sandwich (v)  
Cheese Pizza (v)  
Crispy Chicken Wrap  
Side Veggie: Sweet Potato Fries

31

**Breakfast:**  
Pancake & Sausage on a Stick  
**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.liftoffspayground.com](http://www.liftoffspayground.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. It's 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:

**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00**

**All meals for the 2021-2022 school year are FREE for all students!**

Nutrition Information is available upon request.