THE clubhouse @ Lawton Elementary Menu BIC

JAN 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 No School	2 No School	3 No School
Happy New Year!! Lets make 2020 the best year yet!				
6 Classic Chef Salad Ham & Cheese Sandwich on Whole Wheat Bread Chicken Fried Steak Sandwich Italian Dunkers (V) ~~~~~~~~~~~~~~~~~~~~ Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles	7 Classic Chef Salad Sunbutter & Jelly Sandwich on Whole Wheat Bread (V) Cheesy Chicken Spaghetti Frito Chili Pie (V) ~~~~~~~~~~~~~~~~~~~~ Golden Corn, Celery Sticks, Caesar Salad, Diced Peaches & Bananas *Rice Krispies Treat!*	8 Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Creamy Mac & Cheese (V) Chicken Nuggets & Dinner Roll ~~~~~~~~~~~~~~~~~~~~ Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Sliced Apples	9 Crispy Chicken Salad Strawberry Banana Parfait & String Cheese (V) French Toast Sticks & Sausage Corn Dog ~~~~~~~~~~~~~~~~~~~~ Tater Tots, Fresh Broccoli, Caesar Salad, Applesauce & Fresh Bananas	10 Crispy Chicken Salad Kidzable: Italian Fajita Chicken Quesadilla Pepperoni Pizza ~~~~~~~~~~~~~~~~~~~~ Groovy Green Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles
Variety of fat free and low fat milk are offered daily.				
13 Classic Chef Salad Terrific Turkey & Cheese Sandwich on Whole Wheat Bread Asian Meatballs & Lo Mein Chicken Tenders & Dinner Roll ~~~~~~~~~~~~~~~~~~~~ Roasted Broccoli, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles	14 Classic Chef Salad Sunbutter & Jelly Sandwich (V) Chicken Enchilada Suiza Beefy Nachos ~~~~~~~~~~~~~~~~~~~~ Refried Beans, Celery Sticks, Caesar Salad, Diced Peaches & Fresh Bananas *Freshly Baked Cookie*	15 Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Gooey Grilled Cheese Sandwich (V) Chicken & Waffles ~~~~~~~~~~~~~~~~~~~~ Emoji Potatoes, Baby Carrots, Garden Salad, Diced Pears & Sliced Apples	16 Crispy Chicken Salad Blueberry Patch Parfait & String Cheese (V) Crispy Chicken Sandwich BBQ Glazed Drumstick & Dinner Roll ~~~~~~~~~~~~~~~~~~~~ Western Baked Beans, Caesar Salad, Fresh Broccoli, Applesauce & Fresh Bananas	17 Crispy Chicken Salad Kidzable: Turkey & Mozzarella Charbroiled Hamburger Home-Style Cheese Pizza (V) ~~~~~~~~~~~~~~~~~~~~ Seasoned Carrots, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles
Local ingredients used when seasonally available.				
20 No School	21 Classic Chef Salad Sunbutter & Jelly Sandwich on Whole Wheat Bread (V) Cheesy Omelet & Buttery Toast (V) Walking Nachos ~~~~~~~~~~~~~~~~~~~~ Baked Cinnamon Apples, Fresh Broccoli, Caesar Salad, Diced Peaches & Fresh Bananas *Freshly Baked Cookie*	22 Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Chicken Nuggets & Dinner Roll Sloppy Joe ~~~~~~~~~~~~~~~~~~~~ Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices	23 Crispy Chicken Salad Double Berry Parfait & String Cheese (V) Tater Tot Casserole & Twisted Breadstick Corn Dog ~~~~~~~~~~~~~~~~~~~~ Mixed Vegetables, Caesar Salad, Fresh Broccoli, Applesauce & Fresh Bananas	24 Crispy Chicken Salad Kidzable: Ham & Cheese Rib-b-que Sandwich Cheese Pizza (V) ~~~~~~~~~~~~~~~~~~~~ Western Baked Beans, Garden Salad, Celery Sticks, Mixed Fruit & Orange Smiles
(V) Denotes a vegetarian friendly item				
27 Classic Chef Salad Terrific Turkey & Cheese Sandwich on Whole Wheat Bread Charbroiled Cheeseburger Mexi-Chicken Nachos ~~~~~~~~~~~~~~~~~~~~ Frijoles ala Charro, Garden Salad, Celery Sticks, Pineapple Tidbits & Orange Smiles	28 Classic Chef Salad Sunbutter & Jelly Sandwich on Whole Wheat Bread (V) Hearty Chili & Cinnamon Roll (V) Creamy Mac & Cheese (V) ~~~~~~~~~~~~~~~~~~~~ Roasted Broccoli, Caesar Salad, Baby Carrots, Diced Peaches & Fresh Bananas *Cocoa Rice Krispies Treat!*	29 Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Italian Dunkers (V) Chicken Nuggets & Dinner Roll ~~~~~~~~~~~~~~~~~~~~ Whipped Potatoes & Gravy, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices	30 Crispy Chicken Salad Strawberry Fields Parfait & String Cheese (V) Home Run Hotdog Chicken Enchilada Suiza ~~~~~~~~~~~~~~~~~~~~ Golden Corn, Baby Carrots, Garden Salad, Applesauce & Fresh Bananas	31 Crispy Chicken Salad Kidzable: Italian Scratch Beefy Lasagna Pepperoni Pizza ~~~~~~~~~~~~~~~~~~~~ Roasted Squash & Zucchini, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

The Fresh Pick for January is Oranges! Oranges are the perfect portable, delicious and healthy snack. They are fat, sodium and cholesterol free and an excellent source of vitamin C. Brighten up your plate with oranges this month!

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 1 No School	January 2 No School	January 3 No School
January 6 Filled Cinnamon Toast Crunch Bar 100% Orange Juice Diced Peaches Chocolate1% Milk White 1% Milk	January 7 Strawberry Banana Bash Yogurt Original Graham Crackers 100% Apple Juice Orange Smiles	January 8 Strawberry Creamy Cheese Mini Bagels 100% Orange Juice Banana Chocolate1% Milk White 1% Milk	January 9 Blueberry Muffin 100% Apple Juice Mixed Fruit Cocktail Chocolate1% Milk White 1% Milk White Skim Milk	January 10 Southern Egg & Cheese Biscuit 100% Orange Juice Diced Bartlett Pears Chocolate1% Milk Strawberry Skim Milk
January 13 Mini Cinnamon Waffle Bites 100% Orange Juice Diced Peaches Chocolate1% Milk White 1% Milk	January 14 Breakfast on a Stick 100% Apple Juice Orange Smiles Chocolate1% Milk White 1% Milk White Skim Milk	January 15 Turkey Sausage Breakfast Pizza 100% Orange Juice Banana Chocolate1% Milk White 1% Milk	January 16 Glazed Donut 100% Apple Juice Mixed Fruit Cocktail Chocolate1% Milk White 1% Milk White Skim Milk	January 17 Chicken Biscuit 100% Orange Juice Diced Bartlett Pears Chocolate1% Milk White 1% Milk White Skim Milk
January 20 No School	January 21 String Cheese Cinnamon Toast Crunch Cereal reduced sugar Cocoa Puffs Cereal Froot Loops	January 22 Cheddar Cheese Omelet Honey Graham Crackers 100% Orange Juice Banana	January 23 Mini Cinnis 100% Apple Juice Mixed Fruit Cocktail Chocolate1% Milk White 1% Milk White Skim Milk	January 24 Sausage Biscuit 100% Orange Juice Diced Bartlett Pears Chocolate1% Milk White 1% Milk White Skim Milk
January 27 Filled Cinnamon Toast Crunch Bar 100% Orange Juice Diced Peaches Chocolate1% Milk White 1% Milk	January 28 Strawberry Banana Bash Yogurt Original Graham Crackers 100% Apple Juice Orange Smiles	January 29 Strawberry Creamy Cheese Mini Bagels 100% Orange Juice Banana Chocolate1% Milk White 1% Milk	January 30 Blueberry Muffin 100% Apple Juice Mixed Fruit Cocktail Chocolate1% Milk White 1% Milk White Skim Milk	January 31 Southern Egg & Cheese Biscuit 100% Orange Juice Diced Bartlett Pears Chocolate1% Milk Strawberry Skim Milk White 1% Milk

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

What is a reimbursable meal?
To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

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