

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Winter Break

3

Winter Break

4

Winter Break

5

Winter Break

6

Winter Break

9

Winter Break

10

Bean & Cheese
Nachos
Turkey
Hot Dog
Turkey Ham & Cheddar
Sandwich

11

100% Mozzarella Cheese or
Pepperoni Pizza
Grilled Cheese
Sandwich
Minestrone Soup w/Bread

12

Teriyaki Chicken
w/Rice
Hot Cheese
Breadsticks
American Sub
Sandwich

13

Spaghetti w/Meat Sauce
Chicken Soft
Tacos
Peanut Butter & Jelly
Sandwich

16

Holiday

17

100% Mozzarella Cheese or
Pepperoni Pizza
Sloppy Joe Sandwich
Turkey Ham & Cheddar
Sandwich

18

Crispy Chicken
Sandwich
Teriyaki Beef Dippers
w/Rice
Handmade
Bean & Cheese
Burrito

19

Brunch 4 Lunch
Chicken
Corn Dog

20

Chicken Tenders w/Roll
Mac & Cheese
Cheeseburger

23

Baked
Chicken Nuggets
w/Roll
Cheese
Quesadilla
Peanut Butter & Jelly
Sandwich

24

Bean & Cheese
Nachos
Turkey
Hot Dog
Turkey Ham & Cheddar
Sandwich

25

100% Mozzarella Cheese or
Pepperoni Pizza
Grilled Cheese
Minestrone Soup/Roll

26

Teriyaki Chicken
e/Rice
Hot Cheese
Breadsticks
American Sub
Sandwich

27

Spaghetti w/Meat Sauce
Chicken
Soft Tacos
Peanut Butter & Jelly
Sandwich

30

Cheeseburger
Pasta Alfredo
w/Chicken & Roll
Peanut Butter & Jelly
Sandwich

31

100% Mozzarella Cheese or
Pepperoni Pizza
Sloppy Joe Sandwich
Turkey Ham & Cheddar
Sandwich

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

BREAKFAST

MONDAY: Pan Dulce or Pancake & Sausage Link

TUESDAY: Cinnamon Bun or Egg & Cheese Biscuit

WEDNESDAY: Muffin & String Cheese or French Toast Sticks

THURSDAY: Benefit Bar or Bagel & Cream Cheese

FRIDAY: Breakfast Pizza or Flavored Breakfast Bread

Assorted Cereals Offered Daily Served w/ Graham Crackers, String Cheese or Seeds

We Offer a variety of milk with your meal

Adult Breakfast \$2.50 Adult Lunch \$4.25

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Monday: Caesar Salad, Roasted Chickpeas & Cucumbers Coins
Tuesday: Garden Salad, Celery Sticks & Seasoned Carrots
Wednesday: Caesar Salad, Seasoned Corn & Cherry Tomatoes
Thursday: Garden Salad, Peas & Baby Carrots
Friday: Caesar Salad, Kidney Beans & Broccoli

Assorted Fresh & Canned Fruit offered with both Breakfast & Lunch!

Nutrition Information is available upon request.