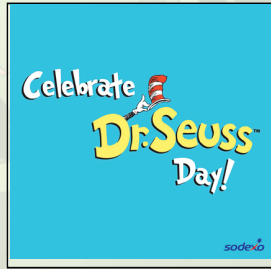


MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

1

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

2

Breakfast for Lunch
Chicken
Corn Dog

3

100% Mozzarella Cheese or Pepperoni Pizza
Mac & Cheese
Handmade Baked Chicken Chimichangas

6

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

7

Spaghetti w/ Meat Sauce
Wrapped Turkey Hot Dog
Turkey Ham & Cheddar Sandwich

8

100% Mozzarella Cheese or Pepperoni Pizza
Grilled Cheese Sandwich
Handmade Bean & Cheese Burrito

9

Meatloaf w/ Mashed Potatoes & Gravy
Hot Cheese Breadsticks
American Sub Sandwich

10

Bean & Cheese Nachos
Chicken Tenders w/Roll
Peanut Butter & Jelly Sandwich

13

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

14

100% Mozzarella Cheese or Pepperoni Pizza
Italian Pasta Bake
Turkey & Cheddar Sandwich

15

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

16

Breakfast for Lunch
Chicken
Corn Dog

17

100% Mozzarella Cheese or Pepperoni Pizza
Mac & Cheese
Handmade Baked Chicken Chimichangas

20

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

21

Spaghetti w/ Meat Sauce
Wrapped Turkey Hot Dog
Turkey Ham & Cheddar Sandwich

22

100% Mozzarella Cheese or Pepperoni Pizza
Grilled Cheese Sandwich
Handmade Bean & Cheese Burrito

23

Meatloaf w/ Mashed Potatoes & Gravy
Hot Cheese Breadsticks
American Sub Sandwich

24

Bean & Cheese Nachos
Chicken Tenders w/Roll
Peanut Butter & Jelly Sandwich

27

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

28

100% Mozzarella Cheese or Pepperoni Pizza
Italian Pasta Bake
Turkey & Cheddar Sandwich

29

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

30

Breakfast for Lunch
Chicken
Corn Dog

31

100% Mozzarella Cheese or Pepperoni Pizza
Mac & Cheese
Handmade Baked Chicken Chimichangas

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight



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

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.

www.liftoffplayground.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: Pizza or Flavored Sweet Bread

FRIDAY: Benefit Bar or Bagel w/Cream Cheese

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 & Carrots
Tuesday: Mixed Garden Vegetables & Celery Sticks
Wednesday: Carrots, Seasoned Corn & Green Beans
Thursday: Mixed Garden Vegetables & Broccoli
Friday: Caesar Salad, Kidney Beans & Carrots

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

Nutrition Information is available upon request.