

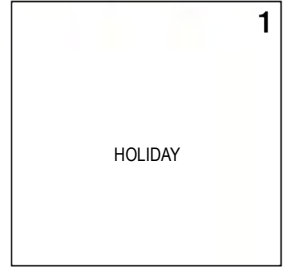
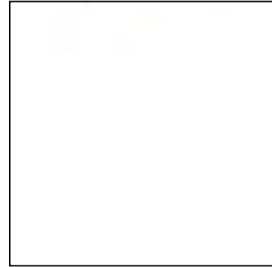
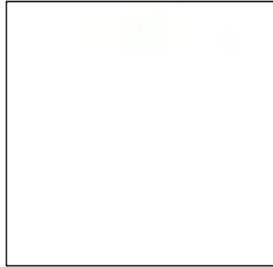
**MONDAY**

**TUESDAY**

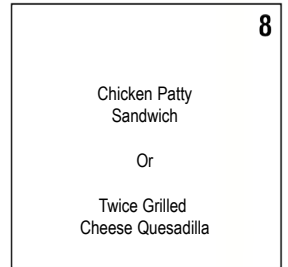
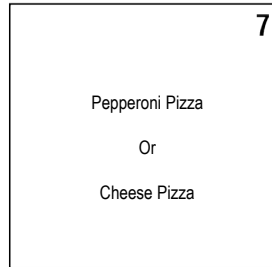
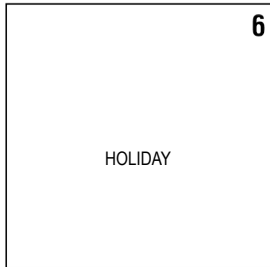
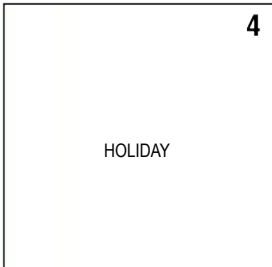
**WEDNESDAY**

**THURSDAY**

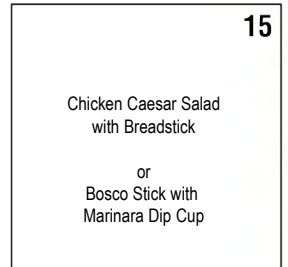
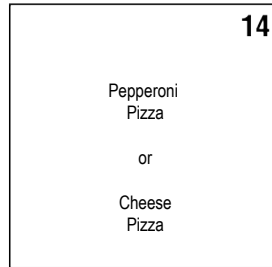
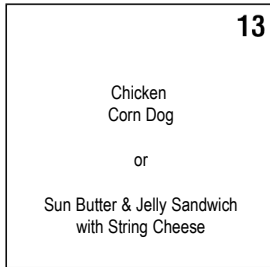
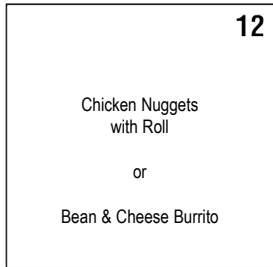
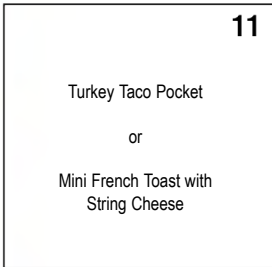
**FRIDAY**



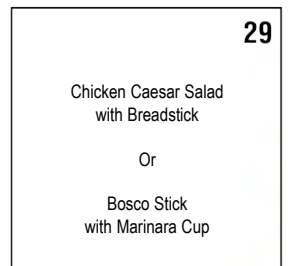
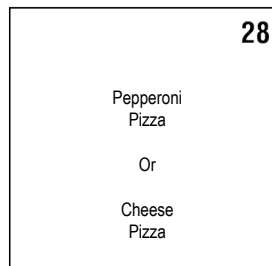
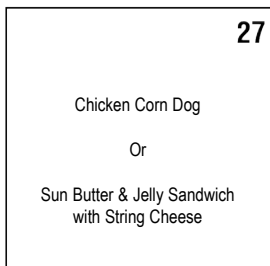
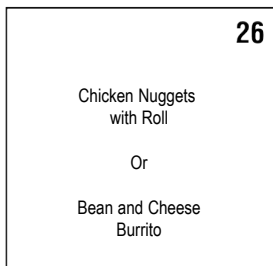
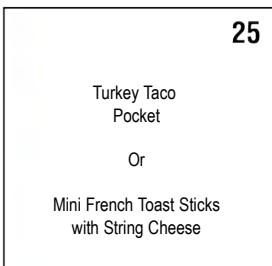
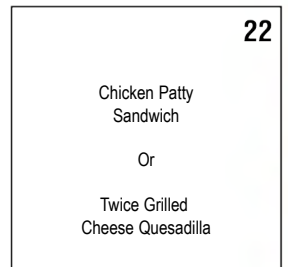
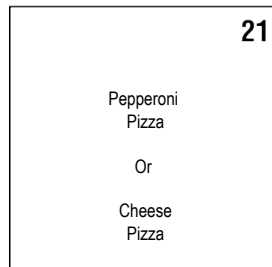
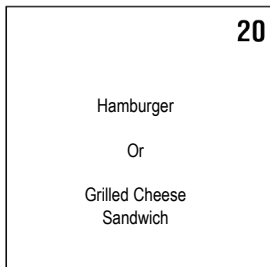
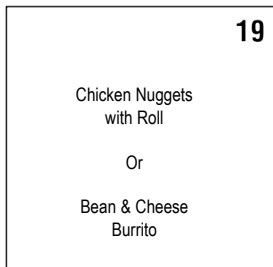
You must select a half a cup of fruit or vegetable or a combination of both with your meal. You may select more.



We offer fruits and vegetables daily with your lunch meal.



We offer non fat chocolate milk and 1% white milk with your meal.



Menu is subject to change. You must submit your meal application each year. One per family only.

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.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				HOLIDAY
Cereal & Graham Cracker	Cinnamon Bun	Mini Cinni's	Pan Dulce IW	Apple Frudel
Cereal & Graham Cracker	Benefit Bar	Variety Breakfast Bread	Ultimate Breakfast Round	Grape Filled Crescent
HOLIDAY	Cinnamon Bun IW	Cereal Bar	Apple Cinnamon, Banana, or Blueberry Muffin & String Cheese	Bagel & Cream Cheese
Cereal & Graham Crackers	Mini Waffles	Mini Cinnis	Variety Pan Dulce	Strawberry or Cinnamon Mini Bagels

### Fresh Pick Recipe

#### BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



ALL MEALS ARE OFFERED, FREE TO STUDENTS 18 YEARS AND UNDER THROUGH THE END OF THIS SCHOOL YEAR.



100% post-consumer



Please look for these icons in your cafeteria.

