

MONDAY



TUESDAY

WASH YOUR HANDS



WEDNESDAY



THURSDAY



FRIDAY

1

Winter Break!

Check Out our FRESH PICK's every Thursday and Play: "Healthy Happy BINGO!!!

4

Breakfast:
Sausage Breakfast Pizza
Lunch:
Pretzel w/ Cheese Sauce
Chicken Nuggets
LTO: Turkey & Cheese Wrap
Includes Fruits, Vegetables & Milk

5

Breakfast:
Pancake Bites
Lunch:
SW Soft Taco
Orange Chicken Over Rice
Italian Sub
Includes Fruits, Vegetables & Milk

6

Breakfast:
Sausage and Cheese Biscuit Sandwich
Lunch:
Cheeseburger or Hamburger w/Fries
Pepperoni Pizza
Sunbutter & Jelly Sandwich
Includes Fruits, Vegetables & Milk

7

Breakfast:
Fruit & Yogurt Parfait
Lunch:
Chicken Taquitos
Cheesy Breadsticks w/ Marinara
Chef Salad w/ WG Roll
Includes Fruits, Vegetables & Milk

8

Breakfast:
French Toast
Lunch:
Spaghetti & Meatsauce
Chicken Burger w/Fries
LTO: Crispy Chicken Wrap
Includes Fruits, Vegetables & Milk

Share Your Healthy, Happy Heart with a Healthy Whole Wheat Wrap!

11

Breakfast:
Waffles w/ Fruit
Lunch:
Orange Chicken over Rice
Chicken Nuggets
Chef Salad
Includes Fruits, Vegetables & Milk

12

Breakfast:
Sausage Breakfast Pizza
Lunch:
Beef and Cheese Nachos
Chicken Burger w/Fries
American Sandwich
Includes Fruits, Vegetables & Milk

13

Breakfast:
Scrambled Egg Breakfast Bowl
Lunch:
Hot Dog on Bun w/Fries
Cheese Pizza
LTO: Chicken Caesar Wrap
Includes Fruits, Vegetables & Milk

14

Breakfast:
Assorted Cereal
Lunch:
SW Taco Nachos
Cheeseburger or Hamburger w/Fries
Just Blueberry Parfait
Includes Fruits, Vegetables & Milk

15

Breakfast:
WG Cinnamon Roll
Lunch:
Meaty Hamburger Mac
Grilled Cheese Sandwich
Ham & Cheese Sandwich
Includes Fruits, Vegetables & Milk

18

No School

19

Breakfast:
Mini Maple Waffles
Lunch:
Chicken & Cheese Quesadilla
Italian Sub
Chef Salad
Includes Fruits, Vegetables & Milk

20

Breakfast:
Strawberry Parfait
Lunch:
Popcorn Chicken
WG Baked Corn Dog
Ham Sandwich
Includes Fruits, Vegetables & Milk

21

Breakfast:
Biscuits & Gravy
Lunch:
Fish Sticks & Fries
Cheese Pizza
Ham & Cheese Sandwich
Includes Fruits, Vegetables & Milk

22

Breakfast:
WG Donut
Lunch:
Bean & Cheese Burrito
Cheeseburger or Hamburger w/Fries
Turkey Sandwich
Includes Fruits, Vegetables & Milk

25

Breakfast:
French Toast Sticks
Lunch:
Chicken & Waffles
Chicken Caesar Salad w/ WG Roll
Ham & Cheese Sandwich
Includes Fruits, Vegetables & Milk

26

Breakfast:
Breakfast Round
Lunch:
SW Soft Taco
Cheese Pizza
Italian Sub
Includes Fruits, Vegetables & Milk

27

Breakfast:
Scrambled Egg Breakfast Bowl
Lunch:
Hot Dog on Bun
Cheesy Breadsticks w/ Marinara
Deli Sandwich
Includes Fruits, Vegetables & Milk

28

Breakfast:
Waffles
Lunch:
Chicken Burger w/Fries
American Sandwich
Chef Salad w/ WG Roll
Includes Fruits, Vegetables & Milk

29

Breakfast:
WG Cinnamon Roll
Lunch:
Cheeseburger or Hamburger w/Fries
LTO: Southwest Wrap
Chicken Caesar Salad w/ WG Roll
Includes Fruits, Vegetables & Milk

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.

liftoffstplayground.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

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.



sodexo



10% post-consumer



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

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH
PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.