

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Ham & Cheese Sandwich
Cheese Ravioli (V)
Chicken Nuggets

Mixed Vegetables, Baby Carrots,
Caesar salad, Fresh Apples, Diced
Peaches

4

Classic Ham & Cheese Sandwich
Chicken Burger
Cheese Quesadillas (V)

Baked Beans, Fresh Broccoli, Garden Salad,
Diced Pears & Oranges Smiles

5

Chef Salad
Pepperoni Pizza
Chicken Meatball Sub

Roasted Broccoli & Carrots, Celery
Sticks, Super Salad, Applesauce &
Fresh Bananas

6

Bento Box
Crispy Chicken Sandwich
Taco Quesadilla

Tater Tot Hash, Fresh Broccoli,
Garden Salad, Mixed Fruit & Orange
Smiles

7

Turkey & Cheese Sandwich
Chili with Chez Its Crackers
Pop Corn Chicken

Mashed Potatoes w/ Gravy, Green
Beans, Baby Carrots, Super Salad,
Cinnamon Swirled Apples & Fresh
Bananas

Fresh Pick of the Month: Pears!

10

Yogurt & Fruit Parfait (V)
Italian Meatball Sub
Homestyle Cheese Pizza (V)

Mixed Vegetables, Baby Carrots,
Caesar Salad, Fresh Apples & Diced
Peaches

11

Italian Deli Sandwich
Giant Beef Taco
Spaghetti with Meat Sauce

Tater Tots, Fresh Broccoli, Garden
Salad, Diced Pears & Orange Smiles

12

Fiesta Salad
Sweet & Sour Chick'n with Rice (V)
Hot Dog

Roasted Broccoli & Carrots, Celery
Sticks, Super Salad, Applesauce &
Fresh Bananas

13

Crispy Chicken Wrap
Taco Nachos
Italian Dunkers (V)

Aztec Corn, Fresh Broccoli, Garden
Salad, Mixed Fruit & Orange Smiles

14

Bento Box
BBQ Chicken Sandwich
Chicken Nuggets & Garlic Knot

Mashed Potatoes & Gravy, Baby Carrots,
Super Salad, Cinnamon Swirled
Apples & Fresh Bananas

Local ingredients used when seasonally available

17

Ham & Cheese Sandwich
Classic Chicken Alfredo Mac
Cheeseburger

Mixed Vegetables, Baby Carrots,
Caesar Salad, Fresh Apples & Diced
Peaches

18

Chicken Caesar Salad
Glazed Chicken Drumstick
Walking Nachos

Aztec Corn, Fresh Broccoli,
Garden Salad, Diced Pears & Orange
Smiles

19

Turkey & Cheese Sandwich
Crispy Chicken Sandwich
Baked Penne Pasta (V)

Potato Wedges, Celery Sticks, Super
Salad, Applesauce & Fresh Bananas

20

All American Sandwich
Parmesan Chicken
Mini Corn Dogs

Baked Beans, Fresh Broccoli, Garden
Salad, Mixed Fruit & Orange Smiles

21

All American Sandwich
Chicken Enchilada Suiza Cheese
Pizza (V) ~~~~~
Roasted Broccoli & Carrots, Baby
Carrots, Super Salad,
Cinnamon Swirled Apples & Fresh
Bananas

Variety of fat free and low fat milk are offered daily

24

Bento Box
Classic Mac & Cheese (V)
Black Bean Burger

Roasted Broccoli, Baby Carrots,
Caesar Salad, Fresh Apples & Diced
Peaches

25

Chef Salad
Chicken Alfredo Mac
Beefy Tot'chos

Mixed Vegetables, Fresh Broccoli,
Garden Salad, Fresh Oranges &
Diced Pears

26

Classic Ham & Cheese Sandwich
Popcorn Chicken Bowl
Hot Dog

Baked Beans, Fresh Broccoli, Super
Salad, Applesauce & Fresh Bananas

27

Yogurt & Fruit Parfait (V)
Spaghetti with Meatballs
Teriyaki Chicken Rice Bowl

Roasted Broccoli & Carrots, Baby
Carrots, Garden Salad, Fresh
Oranges & Mixed Fruit

28

Crispy Chicken Wrap
Gooney Grilled Cheese Sandwich
Cheese Pizza (V)

Sweet Potato Fries, Celery Sticks,
Super Salad, Cinnamon Swirled
Apples & Fresh Bananas

(V) denotes vegetarian friendly item

31

Pizza Bento Box
Crispy Chicken Sandwich
Breakfast 4 Lunch: Pancakes &
Scrambled Eggs(V)

Tater Tots, Baked Cinnamon Apples,
Baby Carrots, Caesar Salad, Fresh Apples
& Diced Peaches



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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3 Pancake Confetti Mixed Fruit	January 4 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples & Raisins	January 5 Mini Cinnis Roll Fresh Banana & Orange Smiles	January 6 Breakfast Sandwich Diced Peaches	January 7 Pancake Sausage Bites Applesauce
January 10 Oatmeal Round Raisins	January 11 Waffle Square Mixed Fruit	January 12 Froot Loops Fresh Banana & Orange Smiles	January 13 Tater Tot Burrito Diced Pears	January 14 Breakfast Pizza Orange Smiles
January 17 Sausage Biscuit Applesauce	January 18 Maple, Egg and Sausage Tornado Diced Peaches	January 19 French Toast Sticks Apple Slices	January 20 Honey Glazed Chicken Biscuit Banana	January 21 Cinnamon Bar Raisins
January 24 American Breakfast Sandwich Raisins	January 25 Pancakes Diced Peaches	January 26 Oatmeal Round Bananas & Orange Smiles	January 27 Breakfast Taco Roll Orange Smiles	January 28 Cinnamon Roll Applesauce
January 31 Confetti Pancakes Diced Pears				

Revised: 12/13/2021

Menu subject to change based on product availability

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.