

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

3

No School  
Professional Day

4

Cheese Quesadilla (V)  
Refried Beans  
& Diced Pears

5

Pepperoni Pizza  
Roasted Broccoli & Carrots  
& Fresh Bananas

6

Crispy Chicken Sandwich  
Tater Tots  
& Mixed Fruit

7

Steak Fingers  
Mashed Potatoes w/ Gravy  
& Cinnamon Swirled Apples

Fresh Pick of the Month: Pears!

10

Cheese Pizza (V)  
Mixed Vegetables  
& Fresh Apples

11

Spaghetti with Meat Sauce  
Green Beans  
& Orange Smiles

12

Hot Dog  
Tater Tots  
& Applesauce

13

Taco Nachos  
Aztec Corn  
& Orange Smiles

14

Chicken Nuggets & Garlic Knot  
Mashed Potatoes & Gravy  
& Fresh Bananas

Local ingredients used when seasonally available

17

No School  
Martin Luther King Jr. Day

18

BBQ Chicken Drumstick  
Corn  
& Diced Pears

19

Crispy Chicken Sandwich  
Potato Wedges  
& Fresh Banana

20

Mini Corn Dogs  
Baked Beans  
& Mixed Fruit

21

Cheese Pizza (V)  
Green Beans  
& Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

24

Classic Mac & Cheese (V)  
Roasted Broccoli  
& Diced Peaches

25

Beefy Tot'chos  
Mixed Vegetables  
& Orange Smiles

26

Popcorn Chicken Bowl  
Mashed Potatoes  
& Applesauce

27

Orange Chicken Rice Bowl  
Roasted Broccoli & Carrots  
& Fresh Oranges

28

Cheese Pizza (V)  
Peas & Carrots  
& Fresh Banana

(V) denotes vegetarian friendly item

31

Breakfast 4 Lunch: Pancakes &  
Scrambled Eggs(V)  
Tater Tots  
& Baked Cinnamon Apples



Menu subject to change based on product availability

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
January 3 No School Professional Day	January 4 Bacon Scramble Breakfast Pizza & Raisins	January 5 French Toast Sticks Yogurt Juice	January 6 Mini Pancake Bites Diced Peaches	January 7 Blueberry Mini Waffles Yogurt Juice
January 10 Oatmeal Round Raisins	January 11 Pancakes Yogurt Juice	January 12 Cheesy Eggs & Toast Fresh Banana	January 13 Strawberry Mini Bagels Yogurt Juice	January 14 Breakfast Pizza Orange Smiles
January 17 No School MLK Day	January 18 Blueberry Muffin Diced Peaches	January 19 French Toast Sticks Yogurt Juice	January 20 Mini Pancake Bites Banana	January 21 Cinnamon Roll Yogurt Juice
January 24 Cinnamon Toast Crunch Filled Bar Raisins	January 25 Pancakes Yogurt Juice	January 26 Oatmeal Round Orange Smiles	January 27 Breakfast Taco Roll Yogurt Juice	January 28 Cinnamon Roll Applesauce
January 31 Confetti Pancakes Yogurt Juice				* Reduced Sugar Cereals served Daily as well as milk.

### 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.



All MEALS FREE to Students!!!

Nutrition Information is available upon request.