

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

No School
Professional Day

4

Classic Ham & Cheese Sandwich
Cheese Quesadilla (V)

~~~~~

Refried Beans, Fresh Broccoli,  
& Diced Pears

**5**

Chef Salad  
Pepperoni Pizza

~~~~~

Roasted Broccoli & Carrots,
Celery Sticks &
Fresh Bananas

6

Bento Box
Crispy Chicken Sandwich

~~~~~

Tater Tots, Fresh Broccoli,  
& Mixed Fruit

**7**

Turkey & Cheese Sandwich  
Steak Fingers

~~~~~

Mashed Potatoes w/ Gravy, Baby
Carrots,
& Cinnamon Swirled Apples

Fresh Pick of the Month: Pears!

10

Yogurt & Fruit Parfait (V)
Cheese Pizza (V)

~~~~~

Mixed Vegetables, Baby Carrots,  
& Fresh Apples

**11**

Italian Deli Sandwich  
Spaghetti with Meat Sauce

~~~~~

Green Beans, Fresh Broccoli
& Orange Smiles

12

Fiesta Salad
Hot Dog

~~~~~

Tater Tots, Celery Sticks  
& Applesauce

**13**

Crispy Chicken Wrap  
Taco Nachos

~~~~~

Aztec Corn, Fresh Broccoli
& Orange Smiles

14

Bento Box
Chicken Nuggets & Garlic Knot

~~~~~

Mashed Potatoes & Gravy,  
Baby Carrots  
& Fresh Bananas

Local ingredients used when seasonally available

**17**

No School  
Martin Luther King Jr. Day

**18**

Chicken Caesar Salad  
BBQ Chicken Drumstick

~~~~~

Corn, Fresh Broccoli,
& Diced Pears

19

Turkey & Cheese Sandwich
Crispy Chicken Sandwich

~~~~~

Potato Wedges, Celery Sticks  
& Fresh Banana

**20**

All American Sandwich  
Mini Corn Dogs

~~~~~

Baked Beans, Fresh Broccoli
& Mixed Fruit

21

All American Sandwich
Cheese Pizza (V)

~~~~~

Caesar Salad, Baby Carrots  
& Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

**24**

Bento Box  
Classic Mac & Cheese (V)

~~~~~

Roasted Broccoli, Baby Carrots
& Diced Peaches

25

Chef Salad
Beefy Tot'chos

~~~~~

Mixed Vegetables, Fresh Broccoli,  
& Orange Smiles

**26**

Classic Ham & Cheese Sandwich  
Popcorn Chicken Bowl

~~~~~

Mashed Potatoes, Fresh Broccoli
& Applesauce

27

Yogurt & Fruit Parfait (V)
Teriyaki Chicken Rice Bowl

~~~~~

Roasted Broccoli & Carrots,  
Baby Carrots  
& Fresh Oranges

**28**

Crispy Chicken Wrap  
Cheese Pizza (V)

~~~~~

Peas & Carrots,
Celery Sticks
& Fresh Banana

(V) denotes vegetarian friendly item

31

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

~~~~~

Tater Tots, Baby Carrots  
& 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.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

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