

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Variety of fat-free and low fat milk offered daily

5 Baked penne pasta w/ garlic knot (V) Chicken Caesar salad w/ garlic knot American Sandwich Crispy chicken sandwich Green beans, apple slices, baby carrots, garden side salad	6 Chef salad w/ garlic knot Veggie burger (V) Hamburger Pepperoni pizza Pinwheel party box Roasted broccoli, Orange smiles, Pineapple tidbits, Caesar side salad, Tomato/Cucumber salad	7 BBQ Rib Sandwich Crispy chicken nuggets w/ roll Strawberry banana parfait w/ graham crackers and string cheese (V) Turkey and cheese sandwich Smile fries, Banana, Blueberries, Celery Sticks, Super Side Salad	8 Beef totchos Cheese enchiladas (V) Crispy chicken wrap Build your own pepperoni pizza Roasted corn, Applesauce Broccoli Florets, Garden side salad	9 Chef salad w/ Breadstick Glazed chicken drumstick w/ breadstick Steak fingers w/ dinner roll Sunbutter and jelly sandwich (V) Vegetarian baked beans, mashed potatoes w/ gravy, Orange Smiles, Baby Carrots,
---	---	--	---	---

Local ingredients used when seasonally available

12 Chicken Alfredo macaroni w/ garlic knot Deluxe cheeseburger Ham and cheese sandwich Just peachy parfait w/ graham crackers and string cheese (V) Roasted summer squash, Apple Slices, Baby Carrots, Garden side salad	13 Popcorn chicken potato bowl w/ garlic knot Crispy chicken wrap Caesar salad w/ Breadstick Grilled cheese sandwich (V) Vegetarian baked beans, Orange Smiles, Pineapple Tidbits, Caesar side salad	14 Buffalo wrap Build your own pepperoni pizza Meatball sub Mozzarella stuffed breadsticks (V) Oven roasted mixed vegetables, Banana, Blueberries, Celery Sticks	15 Crispy chick'n salad (V) Enchilada Suiza Mini corn dog Turkey and cheese sandwich Mixed garden vegetables, Applesauce, Broccoli Florets, Garden side salad	16 Chicken caesar salad w/ breadstick Parmesan chicken Pepperoni pizza square Protein power box (V) Seasoned carrot coins, Orange smiles, Baby carrots, Side caesar salad
--	---	---	--	---

(V) denotes vegetarian friendly item

19 Winter Break	20 Winter Break	21 Winter Break	22 Winter Break	23 Winter Break
-------------------------------	-------------------------------	-------------------------------	-------------------------------	-------------------------------

26 Winter Break	27 Winter Break	28 Winter Break	29 Winter Break	
-------------------------------	-------------------------------	-------------------------------	-------------------------------	--

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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
Assorted Cereal, Milk, and Juice offered daily Menu subject to change due to availability			Apple Slices, Peaches American Breakfast Sandwich French Toast Sticks Assorted Cereal, Milk, Juice	Blueberries, Orange Smiles, Breakfast Taco Waffle Eggoji Assorted Cereal, Milk, Juice
Pears, Apple slices, Breakfast on a stick w/ syrup Vanilla yogurt w/ graham crackers Assorted Cereal, Milk, Juice	Banana, Applesauce, Biscuit w/ gravy Assorted Cereal, Milk, Juice	Orange Smiles, Strawberries Apple Frudel Stick Sausage breakfast pizza Assorted Cereal, Milk, Juice	Apple Slices, Peaches Soft filled cinnamon toast crunch breakfast bar Turkey sausage biscuit Assorted Cereal, Milk, Juice	Blueberries, Orange Smiles, Breakfast plate w/ scrambled eggs, turkey sausage link, toast Assorted Cereal, Milk, Juice
Pears, Apple Slices, Pancake Sausage Bites, Strawberry Yogurt w/ graham crackers Assorted Cereal, Milk, Juice	Banana, Apples, Applesauce, Blueberry muffin Biscuit w/ gravy Assorted Cereal, Milk, Juice	Orange Smiles, Strawberries, Apples. Sausage breakfast pizza Mini Cinnis Assorted Cereal, Milk, Juice	Apple Slices, Peaches, Breakfast Sandwich, French Toast Sticks w/ syrup Assorted Cereal, Milk, Juice	Blueberries, Orange Smiles, Small Apples, Breakfast taco Biscuit w/ jelly Assorted Cereal, Milk, Juice
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



We will see you in 2023!!!

Nutrition Information is available upon request.

