

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6

Cheese Pizza
Bean and Cheese Nachos
Crispy Chicken Wrap

Frijoles ala Charro
Applesauce, Diced Pears,
Broccoli Florets, Side Salad,
Milk

Twisted Dog
Orange Chicken w/ Rice
Sunbutter and Jelly Sandwich

Roasted Broccoli
Applesauce, Diced Pears,
Broccoli Florets, Side Salad,
Milk

Grilled Cheese Sandwich
Pepperoni Pizza
Chicken Caesar Wrap

Sweet Potato Fries
Orange Slices, Strawberries,
Baby Carrots, Side Caesar Salad,
Milk

Variety of fat-free and low-fat milk offered daily

9

American Sandwich
Baked Penne Pasta w/ Garlic Knot
Chicken Sandwich

Green Beans
Apple Slices, Peaches,
Baby Carrots, Side Salad,
Milk

10

Cheese Pizza
Hamburger
Pinwheel Party Box

Roasted Broccoli
Pineapple Tidbits, Orange Slices,
Tomato and Cucumber Salad,
Side Salad, Milk

11

BBQ Rib Sandwich
Chicken Nuggets w/ Dinner Roll
Strawberry Banana Parfait w/ Graham
Crackers and String Cheese

Smiley Potatoes
Banana, Blueberries,
Celery Sticks, Super Side Salad,
Milk

12

Beefy Totchos
Cheese Quesadilla
Crispy Chicken Wrap

Mexican Corn
Applesauce, Diced Pears,
Broccoli Florets, Side Salad,
Milk

13

Cheese Pizza
Glazed Chicken Drumstick w/
Breadstick
Sunbutter and Jelly Sandwich

Mashed Potatoes, Vegetarian Baked
Beans,
Orange Slices, Strawberries,
Baby Carrots, Side Caesar Salad,
Milk



17

Cheese Pizza
Popcorn Chicken Bowl w/ Roll
Crispy Chicken Wrap

Vegetarian Baked Beans,
Orange Slices, Pineapple Tidbits,
Tomato and Cucumber Salad,
Side Caesar Salad,
Milk

18

Mozzarella Stuffed Breadsticks w/
Marinara
Kidzable; Italian Pepperoni
Beef and Cheese Nachos

Oven Roasted California Blend
Veggies,
Banana, Blueberries,
Celery Sticks, Super Side Salad,
Milk

19

Corndog
Enchilada Suiza
Turkey and Cheese Sandwich

Mixed Vegetables
Applesauce, Diced Pears,
Broccoli Florets, Side Salad,
Milk

20

Meatball Sub
Pepperoni Pizza
Sunbutter and Jelly Sandwich

Mixed Vegetables
Applesauce, Diced Pears,
Broccoli Florets, Side Salad,
Milk

23

BBQ Chicken Sandwich
Chicken Alfredo w/ Garlic Knot
Kitzable: Italian Vegetarian

Peas and Carrots
Orange Slices, Pineapple Tidbits,
Tomato and Cucumber Salad,
Side Caesar Salad,
Milk

24

American Sandwich
Cheese Pizza
Chicken Quesadilla

Roasted Broccoli
Bananas, Blueberries,
Celery Sticks, Super Side Salad,
Milk

25

Grilled Cheese
Spaghetti w/ Meatballs w/ Breadstick
Turkey and Cheese Sandwich

Roasted Broccoli
Bananas, Blueberries,
Celery Sticks, Super Side Salad,
Milk

26

Frito Chili Pie
Pepperoni Pizza
Sunbutter and Jelly Sandwich

Pinto Beans
Applesauce, Diced Pears,
Broccoli Florets, Side Salad,
Milk

27

Bean and Cheese Burrito
Chicken Nuggets w/ Roll
Ham and Cheese Sandwich

Mashed Potatoes, Corn,
Orange Slices, Strawberries,
Baby Carrots, Side Caesar Salad,
Milk

30

Mexi Chicken Flatbread
Sunbutter and Jelly Sandwich
Walking Nachos

Refried Beans
Apple Slices, Diced Peaches,
Baby Carrots, Side Salad,
Milk

31

Cheesy Chicken Spaghetti w/
Breadstick
Cheese Ravioli
Crispy Chicken Wrap

Roasted Broccoli,
Pineapple Tidbits, Orange Slices,
Tomato and Cucumber Salad,
Side Caesar Salad,
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.

www.liftoffsplyground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | | Breakfast Sausage Pizza Assorted Cereals Bananas Milk and Juice | Breakfast Sandwich English Muffin Hot Oatmeal w/ Graham Crackers Craisins Milk and Juice | Breakfast Taco Cinnamon Toast Apples Milk and Juice |
| Cinnamon Toast Crunch Breakfast Bar Assorted Cereals Applesauce Milk and Juice | Biscuit w/ Gravy Cinnamon Roll Orange Smiles Milk and Juice | Breakfast Sausage Pizza Assorted Cereals Bananas Milk and Juice | Breakfast Sandwich English Muffin Hot Oatmeal w/ Graham Crackers Craisins Milk and Juice | Scrambled Eggs, Sausage, Toast Cinnamon Toast Apple Slices Milk and Juice |
| Martin Luther King Jr. Day | Biscuit w/ Gravy Cinnamon Toast Orange Smiles Milk and Juice | Breakfast Sausage Pizza Assorted Cereals Banana Milk and Juice | Breakfast Sandwich English Muffin Hot Oatmeal w/ Graham Crackers Craisins Milk and Juice | Breakfast Taco Cinnamon Toast Waffle Apple Milk and Juice |
| Pancake Sausage Bites Assorted Cereals Applesauce Milk and Juice | Biscuit w/ Gravy Cinnamon Toast Orange Smiles Milk and Juice | Breakfast Sausage Pizza Assorted Cereals Bananas Milk and Juice | Breakfast Sandwich English Muffin Hot Oatmeal w/ Graham Crackers Craisins Milk and Juice | Breakfast Taco Cinnamon Tost Apple Slices Milk and Juice |
| Cinnamon Toast Crunch Breakfast Bar Assorted Cereals Applesauce Milk and Juice | Biscuit w/ Gravy Cinnamon Roll Orange Smiles Milk and Juice | | | |

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



"The time is always right to do what is right"

Martin Luther King Jr.

Nutrition Information is available upon request.

