

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**3**  
  
WINTER BREAK  
CONTINUES  
  
NO  
SCHOOL  
THIS WEEK

**4**

**5**

**MEAL REQUIREMENTS**  
Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk  
**ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!**

**9**  
  
GRADES 6-12  
TEACHER  
WORK DAY  
  
NO SCHOOL

**10**  
  
CHICKEN DRUMSTICK  
WITH POTATOES  
  
GRILLED CHEDDAR  
CHEESE SANDWICH (V)  
  
HUMMUS BOX  
WITH TORTILLA CHIPS  
& FRESH VEGETABLES (V)(VGN)

**11**  
  
TURKEY HOT DOG  
WITH POTATOES  
  
TUNA FISH SANDWICH  
WITH SPRING MIX SALAD  
  
CHEESE, CRACKER  
FRESH FRUIT BOX  
(V) & (VGN)

**12**  
  
TURKEY & CHEDDAR  
SANDWICH WITH CHIPS  
  
BURRITO BOWL OR NACHOS  
CHICKEN OR VEGETARIAN (HM)(V)  
  
BLACK BEAN & CORN SALAD  
OVER SPRING MIX (V) (VGN)

**13**  
  
BOSCO STICKS  
WITH MARINARA  
DIP CUP (V)  
  
SPICY CHICKEN TENDERS  
WITH POTATOES  
  
CHICKEN CAESAR  
SALAD (HM)



**17**  
  
CHEESEBURGER TWINS  
WITH POTATOES  
  
VEGETARIAN BURGER (V)  
  
TROPICAL SMOOTHIE BOWL (V)  
  
SOUTHWEST QUINOA SALAD  
OVER SPRING MIX (VGN)

**18**  
  
TURKEY HOT DOG  
WITH POTATOES  
  
TOKYO TERIYAKI NOODLE BOWL  
CHICKEN OR VEGETARIAN (HM)  
(V)  
  
CAESAR SALAD WITH  
CHEESE STICK (V) (VGN)

**19**  
  
WG CHICKEN CORN DOG  
WITH POTATOES  
  
LOS CABOS  
BEAN & CHEESE BURRITO (V)  
  
TURKEY HAM & CHEESE  
SANDWICH WITH CHIPS  
  
BLACK BEAN CORN SALAD

**20**  
  
BOSCO STICKS  
WITH MARINARA  
DIP CUP (V)  
  
SPICY CHICKEN  
TENDERS  
WITH POTATOES  
  
CHICKEN CAESAR SALAD  
WITH ROLL

**23**  
  
MACARONI & CHEESE  
WITH ROLL (V)  
  
SPICY CHICKEN SANDWICH  
WITH POTATOES  
  
BEEF TACO SALAD  
WITH TORTILLA CHIPS (HM)

**24**  
  
CHICKEN DRUMSTICKS  
WITH POTATOES  
  
GRILLED CHEDDAR  
CHEESE SANDWICH (V)  
  
HUMMUS BOX WITH  
TORTILLA CHIPS &  
FRESH VEGETABLES (V) (VGN)

**25**  
  
TURKEY HOT DOG  
WITH POTATOES  
  
TUNA FISH SANDWICH  
WITH SPRING MIX (HM)  
  
CHEESE, CRACKER  
FRESH FRUIT BOX  
(V) (VGN) (HM)

**26**  
  
TURKEY & CHEDDAR  
SANDWICH WITH CHIPS (HM)  
  
BURRITO BOWL OR NACHOS  
CHICKEN OR VEGETARIAN (V)  
(HM)  
  
BLACK BEAN & CORN SALAD  
OVER SPRING MIX (V) (VGN) (HM)

**27**  
  
BOSCO STICKS  
WITH MARINARA  
DIP CUP (V)  
  
SPICY CHICKEN  
TENDERS  
WITH POTATOES  
  
CHICKEN CAESAR  
SALAD (HM)

**30**  
  
CHICKEN OR VEGAN  
CHICKEN TENDERS  
WITH POTATOES (VGN)  
  
MACARONI &  
CHEESE WITH ROLL (V)  
  
TURKEY & CHEDDAR  
SANDWICH WITH CHIPS

**31**  
  
CHEESEBURGER TWINS  
WITH POTATOES  
  
VEGETARIAN BURGER (V)  
  
TROPICAL SMOOTHIE BOWL (V)  
  
SOUTHWEST QUINOA SALAD  
OVER SPRING MIX (V) (VGN) (HM)

## 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)

## Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Please look for these icons in your cafeteria.

sodexo