

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
WINTER BREAK CONTINUES
NO SCHOOL

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!

HM= HOMEMADE V= VEGTARIAN

9
GRADES 6-12 TEACHER WORK DAY
NO SCHOOL

10
GLOBAL FLAVORS
Chicken Drumstick with Potatoes
SUPER FOODS
Garden Noodle Bowl (HM)(V)
EVERYDAY SELECTS
Cheese Pizza (V)
Pepperoni Pizza

11
GLOBAL FLAVORS
Broccoli Alfredo Bowl (HM) (V)
SUPER FOODS
Chicken or Caesar Salad(HM)(V)
EVERYDAY SELECTS
Chicken Nugget Basket served with Potatoes

12
GLOBAL FLAVORS
Orange Chicken Bowl (HM)
SUPER FOODS
Turkey Cheddar Ranch Wrap served with fruit (HM)
EVERYDAY SELECTS
Macaroni & Cheese with Roll (V)

13
GLOBAL FLAVORS
Whole Grain Chicken Corn Dog with Baked Fries
SUPER FOODS
Tropical Smoothie Bowl (V)(HM)
EVERYDAY SELECTS
Bosco Sticks with Marinara Dip Cup (V)

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK



17
GLOBAL FLAVORS
Chicken Drumstick served with Potatoes
SUPER FOODS
Tokyo Teriyaki Noodle Bowl (V)
EVERYDAY SELECTS
Cheese Pizza (V)

18
GLOBAL FLAVORS
NEW! Korean BBQ Chicken Bowl (HM)
SUPER FOODS
Beef Taco Salad w/Tortilla Chips (HM)
EVERYDAY SELECTS
Bean & Vegetable Carnitas Nachos (HM)(V)

19
GLOBAL FLAVORS
Seasoned Meat Marinara Bowl Marinara Pasta Bowl(HM)(V)
SUPER FOODS
Chicken or Caesar Salad (HM)(V)
EVERYDAY SELECTS
Chicken Nugget Basket served with Baked Fries

20
GLOBAL FLAVORS
Whole Grain Chicken Corn Dog with Baked Fries
SUPER FOODS
Tropical Smoothie Bowl (HM)(V)
EVERYDAY SELECTS
Bosco Sticks served (V) with Marinara Dip Cup

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

23
GLOBAL FLAVORS
Turkey Hot Dog served with Baked Fries
SUPER FOODS
Caesar Salad (HM) (V)
EVERYDAY SELECTS
Crispy Chicken Sandwich served with Baked Fries

24
GLOBAL FLAVORS
Chicken Drumstick served with Potatoes
SUPER FOODS
Garden Noodle Bowl (HM)(V)
EVERYDAY SELECTS
Cheese Pizza (V)

25
GLOBAL FLAVORS
Broccoli Alfredo Bowl (HM) (V)
SUPER FOODS
Chicken or Caesar Salad(HM) (V)
EVERYDAY SELECTS
Chicken Nugget Basket with Potatoes

26
GLOBAL FLAVORS
Orange Chicken Bowl (HM)
SUPER FOODS
Turkey Cheddar Ranch Wrap served with Fruit (HM)
EVERYDAY SELECTS
Macaroni & Cheese with Roll (V)

27
GLOBAL FLAVORS
Whole Grain Chicken Corn Dog with Baked Fries
SUPERFOODS
Tropical Smoothie Bowl (V)(HM)
EVERYDAY SELECTS
Bosco Sticks with Marinara Dip Cup (V)

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

30
GLOBAL FLAVORS
Pinto Bean & Vegetable Burrito Bowl (HM)(V)
SUPER FOODS
Chicken Caesar Salad (HM)
EVERYDAY SELECTS
Spicy Chicken Sandwich served with Baked Fries

31
GLOBAL FLAVORS
Chicken Drumsticks served with Potatoes
SUPER FOODS
Tokyo Teriyaki Noodle Bowl (V)
EVERYDAY SELECTS
Cheese Pizza (V)



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

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