

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

**Breakfast:**  
Yogurt with Graham Crackers (v)

**Lunch:**  
Popcorn Chicken  
Tots  
Mixed Veggies  
Sunbutter & Jelly Sandwich (v)

**4**

**Breakfast:**  
Ultimate Breakfast Round (v)

**Lunch:**  
Glazed Chicken Drumstick  
Curly Fries  
Corn  
Ham and Cheese Sandwich

**5**

**Breakfast:**  
Blueberry Bagel with Cream Cheese

**Lunch:**  
Spaghetti Pasta with Plant-Based Sauce (v) with WG Roll  
Roasted Broccoli and Carrots (v)  
Turkey Cheese Sandwich

**6**

**Breakfast:**  
Mini Cinnis (v)

**Lunch:**  
Cheese Pizza (v) or Pepperoni Green Beans  
Sunbutter and Jelly

Breakfast Includes: Choice of entrée listed or selection of cereal or cheese stick, choice of fruit, and milk.

**9**

**Breakfast:**  
Bagel and Cream Cheese

**Lunch:**  
Grilled Cheese Sandwich  
French Fries  
Mixed Veggies  
Ham and Cheese Sandwich

**10**

**Breakfast:**  
Apple Frudel (v)

**Lunch:**  
**Breakfast for Lunch:**  
Pancakes & Sausage  
Hash Brown Patty  
Baked Cinnamon Apples  
Sunbutter and Jelly Sandwich

**11**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Meat and Cheese Nachos  
Refried Beans  
Corn  
Italian Sub

**12**

**Breakfast:**  
Mini Blueberry Pancakes (v)

**Lunch:**  
Baked Penne Pasta (v) with WG Roll  
Green Beans  
American Sandwich

**13**

**Breakfast:**  
Ultimate Breakfast Round (v)

**Lunch:**  
Cheese Pizza (v) or Pepperoni Roasted Carrots  
Sunbutter and Jelly Sandwich (v)

Lunch Includes: Choice of Selection from our fresh salad bar, entrée listed, variety of fruits and vegetables, and milk.

**16**

**No School!**  
**Martin Luther King Day!**

**17**

**Breakfast:**  
Pancake Bites with Cinnamon & Sugar (v)

**Lunch:**  
Hamburger or Cheeseburger Fries  
Baked Beans

**18**

**Breakfast:**  
Blueberry Muffin

**Lunch:**  
Baked Corn Dog  
Roasted Broccoli and Carrots  
Smiley Fries  
Sunbutter and Jelly

**19**

**Breakfast:**  
Chocolate Muffin & Fruit & Yogurt Parfait (v)

**Lunch:**  
Macaroni and Cheese (v)  
Turkey Cheese Sandwich  
Butter Corn

**20**

**Breakfast:**  
Bagel with Cream Cheese

**Lunch:**  
Cheese (v) or Pepperoni Pizza  
Roasted Broccoli  
Sunbutter and Jelly

**23**

**Breakfast:**  
Mini French Toast (v)

**Lunch:**  
Chicken Nuggets with WG Roll Fries  
Mixed Vegetables  
Ham and Cheese Sandwich

**24**

**Breakfast:**  
Ultimate Breakfast Round (v)

**Breakfast for Lunch:**  
French Toast  
Sticks, Sausage Patty  
Hash Brown Rounds  
Italian Sub

**25**

**Breakfast:**  
Mini Maple Pancakes (v)

**Lunch:**  
Hot Dog  
Tots  
Sunbutter & Jelly Sandwich (v)  
Roasted Broccoli and Carrots

**26**

**Breakfast:**  
Mini Waffles and Syrup

**Lunch:**  
Chicken Cordon Bleu Sandwich  
Curly Fries  
Mixed Veggies  
Ham and Cheese Sandwich

**27**

**Breakfast:**  
WG Cinnamon Roll (v) or Mini Cinnis (v)

**Lunch:**  
Cheese Pizza (v) or Pepperoni Corn  
Sunbutter and Jelly

**30**

**Breakfast:**  
Mini Blueberry Pancakes (v)

**Lunch:**  
Hamburger or Cheeseburger  
Smiley Fries  
Green Beans  
Turkey and Cheese Sandwich

**31**

**Breakfast:**  
Apple Frudel

**Lunch:**  
Cheesy Breadsticks  
Housemade Marinara  
Roasted Carrots  
Ham and Cheese Sandwich



(v) = meatless option

## 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)

## 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

### 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.

**freshpick**  
for better health.  
by sodexo



### SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

#### BREAKFAST:

**PAID:** ES \$2.00 MS: \$2.20

#### LUNCH:

**PAID:** ES: \$3.00 MS: \$3.45

Nutrition Information is available upon request.

