

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

Bean & Cheese Nachos (V)
Chicken Nachos
Crispy Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Corn Elotes
Charro Beans

Twisted Dog
Orange Chicken W/
Brown Rice
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Broccoli
Tartar tots

Cheese Pizza (V)
Grilled Ham & Cheese
Sandwich
Chicken Caesar Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Crinkle Cut Fries
Roasted California
Veggies

Fresh Pick of the Month: Peaches

8

BBQ Riblet
Baked Penne (V)
w/ Garlic Knot
American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Sweet Potato Fries
Roasted Green Beans

9

Cheese Pizza (V)
Hamburger
Chicken Caesar Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Crinkle Fries
Roasted Broccoli
Chocolate Chip Cookie

10

Chicken Parmesan Sandwich
Chicken nuggets
w/ Dinner Roll
Strawberry Parfait (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Squash
Smile Fries

11

Beefy Totchos
Cheese Quesadilla (V)
Crispy Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Onion & Pepper Tater Tot Hash
Roasted Corn

12

Broccoli & Cheese
Baked Potato w/ Twisted
Breadstick
Glazed Drumstick
W/ Twisted Breadstick
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Apple Glazed Baby Carrots
Baked Beans

Local ingredients used when seasonally available



16

Crispy Chicken Sandwich
Popcorn Chicken Bowl
w/ Dinner Roll
Hearty Garden Salad (V)
w/ Dinner Roll
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Mashed Potatoes
Corn
Chocolate Chip Cookie

17

Italian Dunkers (V)
Meatball Sub
Pepperoni Pizza Kidzables
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Parmesan Green Beans
Roasted Squash

18

Beef and Cheese Nachos
Corn Dog
Turkey and Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Sweet Potato Fries
Mexican Black Beans

19

Chicken Enchilada Suiza
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)
w/ String Cheese
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Broccoli and Carrots
Refried Beans

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

22

Chicken Alfredo Mac
w/ Garlic Knot
Italian Dunker (V)
w/ Pizza Sauce
Pizza Bento Box
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Green Beans
Roasted Broccoli

23

Cheese Pizza (V)
Chicken Quesadilla
American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Peas and Carrots
Pinto Beans
Chocolate Chip Cookies

24

Grilled Cheese Sandwich (V)
Spaghetti & Meatballs
w/ Breadsticks
Turkey & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Squash
Sweet Potato Crinkle Fries

25

Chili Dog
Frito Chili Pie
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Carolina Slaw
Aztec Corn

26

Chicken Nuggets
w/ Dinner Roll
Veggie Burger (V)
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Apple Glazed Baby Carrots
Mashed Potatoes W/ Gravy

(V) denotes vegetarian-friendly item

29

Walking Nachos
BBQ Chicken Sandwich
Sunbutter & Jelly Sandwich (V)
w/ String Cheese
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Refried Beans
Blue Ribbon Slaw

30

Macaroni & Cheese (V)
w/ Garlic knot
Corn Dog
Crispy Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Broccoli
Crinkle Fries
Chocolate Chip Cookie

31

Breakfast 4 Lunch
French Toast Sticks,
Scramble Eggs, Sausage Link
Pepperoni Pizza
American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Baked Apples
Roasted Green Beans



Menu subject to change based on product availability

This institution is an equal opportunity provider.

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		January 3 Sausage Breakfast Pizza Banana ~~~~~ Juice and Milk	January 4 Ham & Cheese English Muffin Sandwich Diced Peaches ~~~~~ Milk	January 5 Cinnamon Chex Cereal String Cheese Fresh Apple ~~~~~ Juice and Milk
January 8 French Toast Stick Applesauce ~~~~~ Juice and Milk	January 9 Biscuit & Gravy Graham Cracker Orange Slices ~~~~~ Milk	January 10 Sausage Breakfast Pizza Banana ~~~~~ Juice and Milk	January 11 Ham & Cheese English Muffin Sandwich Craisins ~~~~~ Milk	January 12 Cheerios String Cheese Fresh Apples ~~~~~ Juice and Milk
Martin Luther King Day	January 16 Cinnamon Toast Crunch Cereal String Cheese Orange Slices ~~~~~ Milk	January 17 Sausage Breakfast Pizza Banana ~~~~~ Juice and Milk	January 18 Ham & Cheese English Muffin Sandwich Diced Peaches ~~~~~ Milk	January 19 Sausage Biscuit Graham Crackers Fresh Apple ~~~~~ Juice and Milk
January 22 French Toast Sticks Bites Applesauce ~~~~~ Juice and Milk	January 23 Biscuit & Gravy Graham Crackers Banana ~~~~~ Milk	January 24 Egg & Cheese Burrito Orange Slices ~~~~~ Juice and Milk	January 25 Turkey Sausage Biscuit Graham Crackers Banana ~~~~~ Milk	January 26 Cinnamon Chex String Cheese Fresh Apple ~~~~~ Juice and Milk
January 29 Cinnamon Toast Crunch Breakfast Bar Applesauce ~~~~~ Juice and Milk	January 30 Scrambled Eggs w/ Buttery Toast Banana ~~~~~ Milk	January 31 Biscuit & Sausage Gravy Graham Crackers Orange Slices ~~~~~ Juice and Milk		Variety of cereal, fat-free, & low-fat milk offered daily

Fresh Pick Recipe

EGG WHITE OMELETTE WITH
SPINACH OR CHARD
(MAKES 1 OMELETTE)

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.