

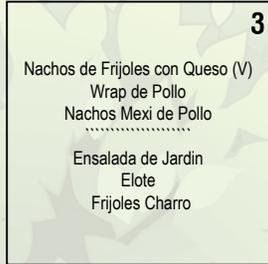
MONDAY



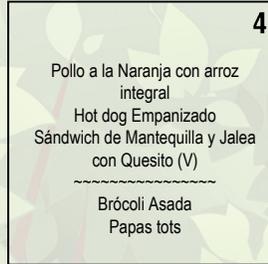
TUESDAY



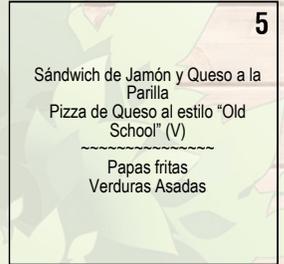
WEDNESDAY



THURSDAY

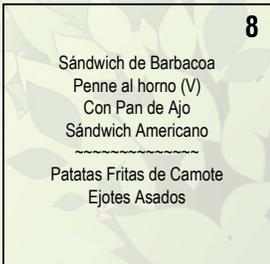


FRIDAY

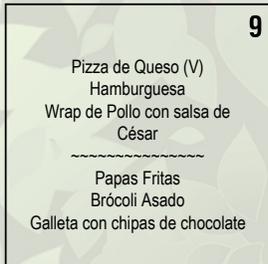


Fresh Pick of the Month: Peaches

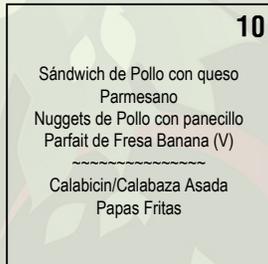
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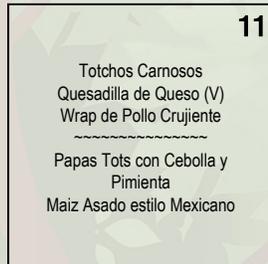
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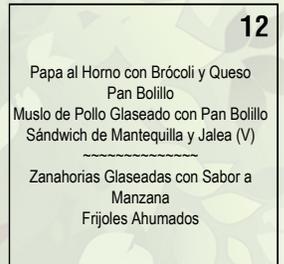
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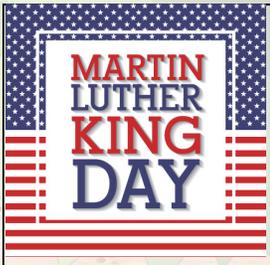
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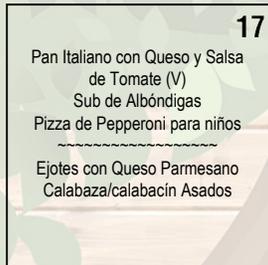
Local ingredients used when seasonally available



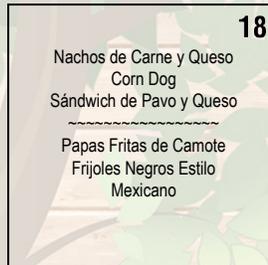
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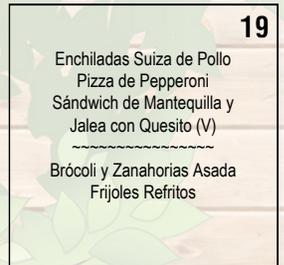
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18



19



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

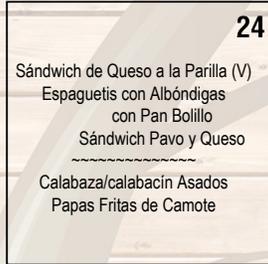
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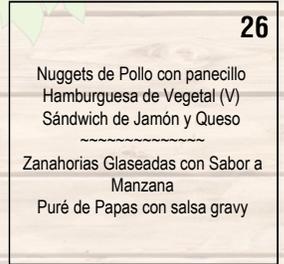
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26



(V) denotes vegetarian-friendly item

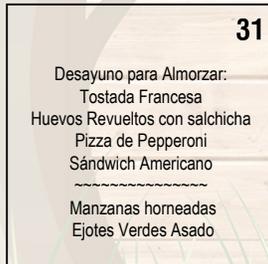
29



30



31



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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3 de Enero Pizza de Salchicha de Desayuno Plátano ----- Jugo y Leche	4 de Enero Muffin de Ingles con Jamón y Queso Durazno cortado en cubitos ----- Leche	5 de Enero Cereal de Cinnamon Chex Quesito Manzana fresca ----- Jugo y Leche
8 de Enero Tostada Francesa Puré de Manzana ----- Jugo y Leche	9 de Enero Bizcochos Americanos Galletas de graham Rodaja de Naranja ----- Leche	10 de Enero Pizza de Salchicha de Desayuno Plátano ----- Jugo y Leche	11 de Enero Muffin de Ingles con Jamón y Queso Craisins ----- Leche	12 de Enero Cereal de Cheerios Quesito Manzana fresca ----- Jugo y Leche
Martin Luther King Day	16 de Febrero Cereal de Cinnamon Toast Crunch Quesito Rodaja de Naranja ----- Leche	17 de Enero Pizza de Salchicha de Desayuno Plátano ----- Jugo y Leche	18 de Enero Muffin de Ingles con Jamón y Queso Durazno cortado en cubitos ----- Leche	19 de Enero Bizcochos Americanos Galletas de graham Manzana fresca ----- Jugo y Leche
22 de Enero Tostada Francesa Puré de Manzana ----- Jugo y Leche	23 de Enero Bizcochos Americanos Galletas de graham Plátano ----- Leche	24 de Enero Burrito de Huevos con Queso Rodaja de Naranja ----- Jugo y Leche	25 de Enero Bizcochos Americanos con Pavo Galletas de graham Plátano ----- Leche	26 de Enero Cereal de Cinnamon Chex Quesito Manzana fresca ----- Jugo y Leche
29 de Enero Bar de Tostada de Canela Puré de Manzana ----- Jugo y Leche	30 de Enero Huevos Revueltos con Pan y Mantequilla Banana ----- Leche	31 de Enero Bizcochos Americanos con Gravy Rodaja de Naranja ----- Jugo y Leche		<i>Variety of cereal, fat-free, & low-fat milk offered daily</i>

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.