

Tuloso-Midway Intermediate

JAN/FEB

MONDAY

STAFF DEVELOPMENT DAY

NO SCHOOL

Assorted Fruits and Vegetables offered daily.

TUESDAY

23

Chicken Sandwich
Chicken Bacon and Ranch Wrap
Spaghetti and Meat Sauce with
Breadstick
Hummus with Flatbread
Broccoli
Applesauce

WEDNESDAY

24

Blg City Promo - Austin - Texas Chili Hamburger Cheeseburger Deli Turkey Ham and Cheese Bento Box Chef Salad with Breadstick Tator Tots Fresh Fruit

THURSDAY

25

Grilled Cheese Sandwich
Yogurt with String Cheese and
Breadstick
Chicken Alfredo with Breadstick
Chicken Caesar Salad with Breadstick
Chilled Fruit
Glazed Carrots

FRIDAY

26

Beef Lasagna
Buffalo Chicken Salad with Breadstick
Cheese Pizza
Zesty Italian Wrap
Carrots
Chilled Mixed Fruit

29

Chicken Nuggets with Breadstick Chicken and Cheese Quesadilla Lift-Off's Spinach Salad with Breadstick Turkey Ham and Cheese Sandwich Chilled Fruit Beans 30

Cheese Enchiladas Chicken Corn Dog Yogurt with String Cheese and Crackers Turkey Breast and Cheese Sub Charro Beans Applesauce 31

Chicken Sandwich
Red Beans and Rice with Sausage and
Flatbread
Greek Salad with Flatbread
Zesty Italian Sub
Sweet Potato Fries
Chilled Pears

Grilled Cheese Sandwich Popcorn Chicken Bowl with Breadstick Chef Salad with Breadstick Veggie Wrap Chilled Peaches Corn 2

Fish Tacos

Mozzarella Cheese Breadsticks with
Pizza Sauce
Garden Salad with Breadstick
Buffalo Chicken Wrap
Roasted Cauliflower
Chilled Mixed Fruit

5

Smothered Burrito
Popcorn Chicken with Breadstick
Chicken Caesar Salad with Breadstick
Sunbutter and Jelly Sandwich with
Yogurt
Roasted Sweet Potatoes
Fresh Fruit

6

Chicken Pasta Bake Crispy Chicken Wrap Lift-Offs! Spinach Salad with Breadstick Turkey Frank Hot Dog Broccoli Applesauce Big City Promo - Carolina - BBQ
Pulled Pork Sandwich

Yogurt with Graham Cracker and Cheese Stick Turkey Breast and Cheese Sub Bean and Cheese Nachos Aztec Corn with Black Beans Chilled Pears 8

1

Chicken Nuggets with Breadstick EZ Pizza Box Meatloaf with Breadstick Garden Green Salad with Breadstick Mashed Potatoes Chilled Peaches 9

National Pizza Day Cheese Pizza BBQ Chicken Flatbread Pizza Veggie Burger Chef Salad with Flat Bread Sweet Potato Fried Chilled Mixed Fruit

12

Chicken Nuggets with Breadstick Lift-Offs! Spinach Salad Chicken and Cheddar Cheese Quesadilla Turkey Breast and Cheese Sub French Fries Applesauce 13

Grilled Chicken Sandwich Chicken Spaghetti with Breadstick Hummus Wrap Beef Taco Fiesta Salad with Chips Green Beans Applesauce 14

Beefy Macaroni with Breadstick Chicken Etouffee with Brown Rice Peachy Parfait with Cheese Stick Chicken Caesar Salad with Breadstick Tator Tots Rosy Applesauce 15

Cheeseburger
Hamburger
Macaroni and Cheese with Breadstick
Buffalo Chicken Salad with Breadstick
Sunbutter and Jelly Sandwich
Roasted Broccoli
Chilled Peaches

16

Cheese Pizza
Chicken Salad Flatbread Sandwich
Chef Salad with Breadstick
Soft Beef Taco with Cheddar Cheese
Mexican Roasted Sweet Potatoes

19

Chicken Nuggets with Breadstick Rainbow Chili and Cheese Baked Potato Yogurt with Cheese Stick and Breadstick Zesty Italian Wrap Fresh Fruit Beans 20

Turkey Sub Sandwich Italian Sub Sandwich Meatball Sub Greek Salad with Breadstick Cauliflower Florets Chilled Applesauce 21

Big Cities Promo - Charleston Pulled Pork Sandwich Cheeseburger Hamburger Garden Greek Salad with Breadstick Tator Tots Chilled Peaches 22

Frito Chili Pie Chicken and Cheese Nachos Chicken Caesar Wrap Chef Salad with Flatbread Charro Beans Chilled Pears 23

Mozzarella Stuffed Breadsticks with Sauce Crispy Chicken Wrap Po Boy Fish Nuggets Sandwich Chicken Caesar Sald with Breadstick Sweet Potato Fries Mixed Chilled Fruit

26

Chicken Nuggets Chicken Spaghetti Lift-Off's Spinach Salad with Breadstick Turkey and Cheese Sub Green Beans Mixed Fruit 27

Chicken SandwichChicken Bacon and Ranch Wrap Spaghetti and Meat Sauce with Breadstick Hummus with Flatbread Broccoli Applesauce 28

Pork Sandwich
Hamburger
Cheeseburger
Deli Turkey Ham and Cheese Bento
Box
Chef Salad with Breadstick
Tator Tots
Chilled Fruit

Big City Promo - Carolina - Pulled

29

Grilled Cheese Sandwich
Yogurt with String Cheese and
Breadstick
Chicken Alfredo with Breadstick
Chicken Caesar Salad with Breadsticl
Chilled Fruit
Glazed Carrots

Check for our Big City Bites Promotion January 28th - Austin - Texas Chili

February 21st and February 28th Charleston, SC BBQ Pulled Pork Sandwiches

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
Jan 23rd Staff Development - No School	Breakfast Biscuit Sandwich Juice Fruit Milk	Mini Cinnamon Cream Cheese Bagels Juice Fruit Milk	Mini Pancakes Juice Fruit Milk	Morning Sausage Roll Juice Fruit Milk
Week of January 29th Cereal with Graham Crackers Juice Fruit Milk	Breakfast on a Stick Juice Fruit Milk	Cinnamon Bun Juice Fruit Milk	Fruit Frudel Juice Fruit Milk	Yogurt with Graham Crackers Juice Fruit Milk
Week of February 5th Cereal with Cheese Stick Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	FrenchToast Fruit Juice Milk	Apple Cinnamon Muffin Top Fruit Juice Milk	Cinnamon Toast Soft Filled Breakfast Bar Fruit Juice Milk
Week of February 12th Cereal with Graham Crackers Fruit Juice Milk	Breakfast Pancake on a Stick Fruit Juice Milk	Mini Cinnamon Rolls Fruit Juice Milk	Apple Cinnamon Muffin Tops Fruit Juice Milk	Egg, Cheese and Turkey Sausage Breakfast Wrap Fruit Juice Milk
Week of February 19th Cereal with Cheese Stick Fruit Juice Milk	Poptart with Graham Crackers Fruit Juice Milk	Mini Cinnamon Waffles Fruit Juice Milk	Chicken Tenders on a Biscuit Fruit Juice Milk	Banana Bread Fruit Juice Milk
Week of February 26th Cereal with Cheese Stick Fruit Juice Milk	Biscuit Sandwich Fruit Juice Milk	Mini Cinnamon Cream Cheese Bagels Fruit Juice Milk	Mini Pancakes Fruit Juice Milk	

Fresh Pick Recipe

COLCANNON

(SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper
- 1. Wash green onions and slice very thin on bias.
- 2. Wash parsley and chop.
- 3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
- Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
- 5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
- 6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
- 7. Blend cabbage and potatoes. Gamish with chopped parsley.

NUTRITION FACTS: 52 calories, .73g fat, 56mg sodium, 1.25g fiber



Coming soon: Future Chef Competition open to 4th and 5th graders. Event will be held at the Intermediate Campus on March 26. Details and entry information will be available through the Child Nutrition Office and Campus Cafe Manager. Check District department website for details coming soon.

Questions: Call our Child Nutrition Office at 361-903-6521



CHARLESTON
** SOUTH CAROLINA **

BIG-CITY BITES



Nutrition Information is available upon request.