

**FRIDAY**

**26**

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

2

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

**9**

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

**16**

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

**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

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.liftoffplayground.com](http://www.liftoffplayground.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	French Toast 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.
4. 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. Garnish with chopped parsley.

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

Welcome back.

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



Nutrition Information is available upon request.