

MONDAY



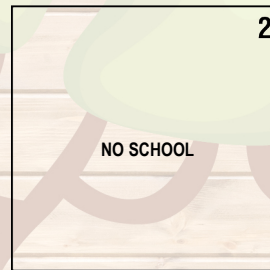
TUESDAY



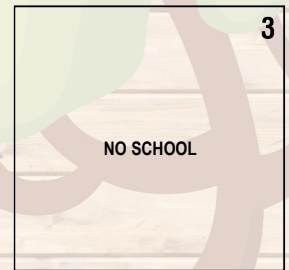
WEDNESDAY



THURSDAY



FRIDAY



Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

6

Breakfast:
Waffles w/ Scrambled Egg (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Saucy Meatball Sub
Protein Power Up Box (v)
Ham & Cheese Sandwich
Featured Side: Tomato & Cucumber Salad

7

Breakfast:
Cheesy Ham & Egg Bowl w/ Toast

Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Bean & Cheese Tostada (v)
Chef Salad w/ WG Rolls
American Sandwich
Featured Side: Seasoned Black Beans

8

Breakfast:
Sausage Breakfast Pizza

Lunch:
Sweet & Sour Chicken Brown Rice Bowl
Grilled Hot Dog
Fruit & Yo To Go Box (v)
Sunbutter & Jelly Sandwich (v)
Featured Side: Roasted Broccoli

9

Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Cheesy Breadsticks w/ Marinara (v)
Corn Dog
Italian Stacker Box
Turkey & Cheese Sandwich Featured Side: Parmesan Green Beans

10

Breakfast:
Iced Whole Grain Cinnamon Roll (v)

Lunch:
Cheese (v) or Pepperoni Pizza
Beefy Sloppy Joe
Peppi Pizza Salad w/ WG Rolls
Italian Sub Sandwich
Featured Side: Cheesy Mashed Potatoes

Daily Breakfast Entrées: Variety of Whole Grain Cereals w/ Mozzarella String Cheese, or Maple Brown Sugar Oatmeal.

13

Breakfast:
Yogurt & Grahams (v)

Lunch:
Bean & Cheese Burrito (v)
Choice of Burger: Hamburger, Cheeseburger, or Veggie Burger (v)
Fiesta Taco Salad w/ Tortilla Chips
Sunbutter & Jelly Sandwich (v)
Featured Side: Roasted SW Corn

14

Breakfast:
Mini Maple Waffles (v)

Lunch:
Chicken Katsu Sandwich
Grilled Cheese Sandwich w/ Tomato Soup (v)
EZ Pizza Bento Box
Ham & Cheese Sandwich
Featured Side: Roasted Broccoli & Carrots

15

Breakfast:
Ham & Cheese Muffin Sandwich

Lunch:
Pork Posole w/ Tortilla Chips
Turkey Taco Tot'chos w/ Tortilla Chips
Fiesta Garden Salad w/ Tortilla Chips (v)
Turkey & Cheese Sandwich
Featured Side: Seasoned Carrot Coins

16

Breakfast:
Breakfast Banana Split (v)

Lunch:
Turkey & Gravy over Whipped Potatoes w/ WG Rolls
Corn Dog
Hearty Garden Salad w/ WG Rolls (v)
Italian Sub Sandwich
Featured Side: Whipped Potatoes

17

Breakfast:
Homemade Muffin Square (v)

Lunch:
Cheese (v) or Pepperoni Pizza
Fish & Chips w/ WG Roll
Deli Stackables Box
American Sandwich
Featured Side: Crinkle Fries

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.



21

Breakfast:
Biscuit with Sausage Gravy

Lunch:
Twisted Dog
Turkey Soft Taco
Deli Stackables Box
Sunbutter & Jelly Sandwich (v)
Featured Side: Seasoned Black Beans

22

Breakfast:
Sausage Pancake on a Stick

Lunch:
Chicken & Waffles
Rainbow Chili w/ Tortilla Chips (v)
Fiesta Garden Salad w/ Tortilla Chips (v)
Italian Sub Sandwich
Featured Side: Roasted Broccoli

23

Breakfast:
Egg & Sausage Breakfast Burrito

Lunch:
Crispy Chicken Burger
Cheesy Lasagna w/ WG Roll (v)
EZ Pizza Bento Box
American Sandwich
Featured Side: Parmesan Green Beans

24

NO SCHOOL

Meatless items marked with (v)

27

Breakfast:
Sausage Pancake on a Stick

Lunch:
Cheese Quesadilla (v)
Teriyaki Chicken over Brown Rice
Chef Salad w/ WG Rolls
Italian Sub Sandwich
Featured Side: Roasted Broccoli & Carrots

28

Breakfast:
Benefit Bar (v)

Lunch:
Chicken Katsu Sandwich
Brunch for Lunch: Pancakes w/ Sausage
Fruit & Yo To-Go Box (v)
Turkey & Cheese Sandwich
Featured Side: Tater Tot Hash

29

Breakfast:
Egg & Cheese Muffin Sandwich (v)

Lunch:
Rib-b-Que Sandwich
Bean & Cheese Nachos (v)
Italian Stacker Box
American Sandwich
Featured Side: Tomato & Cucumber Salad

30

Breakfast:
Whole Grain Pancakes (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Homestyle Baked Penne Pasta (v)
Peppi Pizza Salad w/ WG Rolls
Ham & Cheese Sandwich
Featured Side: Mixed Garden Veggies

31

Breakfast:
Homemade Muffin Square (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Fish & Chips w/ WG Roll
Protein Power-Up Box (v)
Sunbutter & Jelly Sandwich (v)
Featured Side: Crinkle Fries

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.

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

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



SCHOOL MEAL PRICES:

All students receive their first meal at no-cost.

The menu is subject to change.

Nutrition Information is available upon request.

