

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

3

No School  
Professional Day

4

Classic Ham & Cheese Sandwich  
Cheese Quesadilla (V)  
Refried Beans, Fresh Broccoli,  
& Diced Pears

5

Chef Salad  
Pepperoni Pizza  
Roasted Broccoli & Carrots,  
Celery Sticks &  
Fresh Bananas

6

Bento Box  
Crispy Chicken Sandwich  
Tater Tots, Fresh Broccoli,  
& Mixed Fruit

7

Turkey & Cheese Sandwich  
Steak Fingers  
Mashed Potatoes w/ Gravy, Baby  
Carrots,  
& Cinnamon Swirled Apples

Fresh Pick of the Month: Pears!

10

Yogurt & Fruit Parfait (V)  
Cheese Pizza (V)  
Mixed Vegetables, Baby Carrots,  
& Fresh Apples

11

Italian Deli Sandwich  
Spaghetti with Meat Sauce  
Green Beans, Fresh Broccoli  
& Orange Smiles

12

Fiesta Salad  
Hot Dog  
Tater Tots, Celery Sticks  
& Applesauce

13

Crispy Chicken Wrap  
Taco Nachos  
Aztec Corn, Fresh Broccoli  
& Orange Smiles

14

Bento Box  
Chicken Nuggets & Garlic Knot  
Mashed Potatoes & Gravy,  
Baby Carrots  
& Fresh Bananas

Local ingredients used when seasonally available

17

No School  
Martin Luther King Jr. Day

18

Chicken Caesar Salad  
BBQ Chicken Drumstick  
Corn, Fresh Broccoli,  
& Diced Pears

19

Turkey & Cheese Sandwich  
Crispy Chicken Sandwich  
Potato Wedges, Celery Sticks  
& Fresh Banana

20

All American Sandwich  
Mini Corn Dogs  
Baked Beans, Fresh Broccoli  
& Mixed Fruit

21

All American Sandwich  
Cheese Pizza (V)  
Caesar Salad, Baby Carrots  
& Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

24

Bento Box  
Classic Mac & Cheese (V)  
Roasted Broccoli, Baby Carrots  
& Diced Peaches

25

Chef Salad  
Beefy Tot'chos  
Mixed Vegetables, Fresh Broccoli,  
& Orange Smiles

26

Classic Ham & Cheese Sandwich  
Popcorn Chicken Bowl  
Mashed Potatoes, Fresh Broccoli  
& Applesauce

27

Yogurt & Fruit Parfait (V)  
Teriyaki Chicken Rice Bowl  
Roasted Broccoli & Carrots,  
Baby Carrots  
& Fresh Oranges

28

Crispy Chicken Wrap  
Cheese Pizza (V)  
Peas & Carrots,  
Celery Sticks  
& Fresh Banana

(V) denotes vegetarian friendly item

31

Pizza Bento Box  
Breakfast 4 Lunch: Pancakes &  
Scrambled Eggs(V)  
Tater Tots, Baby Carrots  
& Baked Cinnamon Apples



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](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3 No School Professional Day	January 4 Bacon Scramble Breakfast Pizza & Raisins	January 5 French Toast Sticks Yogurt Juice	January 6 Mini Pancake Bites Diced Peaches	January 7 Blueberry Mini Waffles Yogurt Juice
January 10 Oatmeal Round Raisins	January 11 Pancakes Yogurt Juice	January 12 Cheesy Eggs & Toast Fresh Banana	January 13 Strawberry Mini Bagels Yogurt Juice	January 14 Breakfast Pizza Orange Smiles
January 17 No School MLK Day	January 18 Blueberry Muffin Diced Peaches	January 19 French Toast Sticks Yogurt Juice	January 20 Mini Pancake Bites Banana	January 21 Cinnamon Roll Yogurt Juice
January 24 Cinnamon Toast Crunch Filled Bar Raisins	January 25 Pancakes Yogurt Juice	January 26 Oatmeal Round Orange Smiles	January 27 Breakfast Taco Roll Yogurt Juice	January 28 Cinnamon Roll Applesauce
January 31 Confetti Pancakes Yogurt Juice				* Assorted low sugar Cereals served Daily as well as milk.

### Fresh Pick Recipe

#### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.



All MEALS FREE to Students!!!

Nutrition Information is available upon request.