

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WINTER BREAK

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5
TEACHER INSERVICE DAY
NO SCHOOL

6
HOMEMADE THAI COCONUT
CURRY CHICKEN SERVED W/
BROWN RICE
OR
CHEESE QUESADILLA ON WG
TORTILLAS SERVED W/ FRIES

7
HAWAIIAN
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

8
GRILLED CHICKEN WITH
CHIMCHIRI OVER WHOLE GRAIN
BROWN
OR
FRESH FRUIT MEDLEY W/
COTTAGE CHEESE & WG ROLL

9
ALL AMERICAN FLAME GRILLED
BEEF HAMBURGER
CHEESEBURGER
VEGETARIAN BURGER
SERVED WITH OVEN BAKED
FRENCH FRIES

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

12
BREAKFAST FOR LUNCH
WAFFLE & TURKEY SAUSAGE
SERVED WITH BREAKFAST TOTS
OR
GRILLED CHEESE SANDWICH ON
WHOLE GRAIN BREAD & TOMATO
SOUP

13
HOMEMADE BEEF GREEK
MEATBALLS W/ TZATZIKI SAUCE
AND WG PITA BREAD
OR
CHARCUTERIE BOX (FRESH FRUIT
AND VEG, HUMMUS AND WG
CRACKERS)

14
TURKEY PEPPERONI, MARGARITA
FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/
GARBANZO BEANS & PARMESAN
CHEESE SERVED W/ WG ROLL
*PIZZA SERVED ON WG CRUST

15
HOUSEMADE BEEF LASAGNA
W/VINE RIPENED TOMATO SAUCE
OR
PENNE ALFREDO W/ CHERRY
TOMATOES

16
OVEN BAKED CHICKEN TENDERS
SERVED W/ OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED W/
OVEN BAKED FRIES
OR
GARDEN SALAD W/ WG ROLL

19
OVEN BAKED BBQ CHICKEN
BASKET WITH FRIES
OR
W/G MAC AND CHEESE

20
HEARTY 3 BEAN CHILI SERVER
WITH WG TORTILLA CHIPS
OR
OVEN BAKED POTATO SERVED
WITH SOUR CREAM AND
SHREDDED CHEDDAR CHEESE

21
KOREAN BBQ, TURKEY
PEPPERONI, CHEESE PIZZA
OR
HEARTY GARDEN SALAD W/ WG
ROLL
*PIZZA SERVED ON WG CRUST

22
HEARTY CHICKEN POSOLE WITH
W/WG TORTILLA CHIPS
OR
CHARCUTERIE BOX

23
ALL AMERICAN FLAME GRILLED
BEEF HAMBURGER
CHEESEBURGER
VEGETARIAN BURGER
SERVED WITH OVEN BAKED
FRENCH FRIES

26
CHICKEN ARROZ CON POLLO
OR
CHEESE QUESADILLA

27
CHICKEN NOODLE SOUP
W CHIPS
OR
WG PESTO PASTA WITH ROLL

28
TURKEY PEPPERONI, SAUSAGE
FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/
GARBANZO BEANS & PARMESAN
CHEESE SERVED W/ WG ROLL
*PIZZA SERVED ON WG CRUST

29
HOT TURKEY HAM AND CHEESE
SANDWICH W/CHIPS
OR
GRILLED CHEESE ON WHOLE
GRAIN BREAD & TOMATO SOUP

30
OVEN BAKED CHICKEN TENDERS
SERVED W/ OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED W/
OVEN BAKED FRIES
OR
GARDEN SALAD W/ WG ROLL

SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

USDA is an equal opportunity provider, employer, and lender.

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

Breakfast

MONDAY: ASSORTED WHOLE GRAIN BAGEL WITH CREAM CHEESE SPREAD
OR
BREAKFAST BAGEL SANDWICH

TUESDAY: HOMEMADE OVEN BAKED BLUEBERRY GERMAN PANCAKE

WEDNESDAY: HOMEMADE WHOLE GRAIN FRENCH TOAST WITH CARMELIZED APPLES

THURSDAY: MIXED BERRY FROZEN YOGURT BARK

FRIDAY:
HOMEMADE ORGANIC STRAUS YOGURT FRESH FRUIT SMOOTHIES

GLUTEN FREE NATURE'S PATH ORGANIC CEREAL WITH GLUTEN FREE GRAHAM CRACKERS ARE SERVED DAILY. WE OFFER A VARIETY OF MILK AND FRUIT TO COMPLETE YOUR BREAKFAST MEAL.

Fresh Pick Recipe

STRAWBERRY BANANA SANDWICHES
(SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber



Please look for these icons in your cafeteria.