

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

WINTER BREAK

WINTER BREAK

WINTER BREAK

WINTER BREAK

WINTER BREAK

1

2

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) PIZZA  
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.liftoffstplayground.com](http://www.liftoffstplayground.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

**sodexo**



Please look for these icons in your cafeteria.