

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

HOMEMADE CHICKEN & CHEESE
ENCHILADAS W/ SPANISH RICE

OR

HEARTY GARDEN SALAD W/ GAR-
LIC BUTTER WG ROLL

2

HEARTY 3 BEAN CHILI SERVER
WITH WG TORTILLA CHIPS

OR

OVEN BAKED POTATO SERVED
WITH SOUR CREAM AND
SHREDDED CHEDDAR CHEESE

3

KOREAN BBQ, TURKEY
PEPPERONI, CHEESE PIZZA
OR
HEARTY GARDEN SALAD W/ WG
ROLL

*PIZZA SERVED ON WG CRUST

4

HOUSEMADE BEEF LASAGNA
W/VINE RIPENED TOMATO SAUCE
OR
HOMEMADE PENNE ALFREDO W/
CHERRY TOMATOES & CHOPPED
BASIL
OR
HOUSEMADE HUMMUS BOX

5

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

8

GRILLED CHEESE SANDWICH ON
WHOLE GRAIN BREAD & TOMATO
SOUP
OR

HOMEMADE BEAN & CHEESE
BURRITO ON WHOLE GRAIN
FLOUR TORTILLA SERVED W/
FRENCH FRIES

9

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

10

HAWAIIAN
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX

*PIZZA SERVED ON WG CRUST

11

HOMEMADE CRISPY CHICKEN
KATSU PATTY SERVED W/ WG
YAKISOBA NOODLES
OR
FRESH FRUIT MEDLEY W/
COTTAGE CHEESE & WG ROLL

12

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

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

15

BREAKFAST FOR LUNCH
WAFFLE & TURKEY SAUSAGE
SERVED WITH BREAKFAST TOTS

OR

GRILLED CHEESE SANDWICH ON
WHOLE GRAIN BREAD & TOMATO
SOUP

16

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

17

TURKEY PEPPERONI
FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/
GARBANZO BEANS & PARMESAN
CHEESE SERVED W/ WG ROLL

*PIZZA SERVED ON WG CRUST

18

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

19

Minimum Day

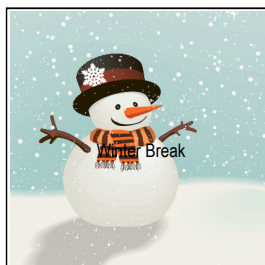
Sack Lunch
Turkey & Cheese or Sun Butter and
Jelly Sandwiches

23



Winter Break

25



Winter Break

30

Winter Break



Winter Break



HAPPY HOLIDAYS

SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

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

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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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

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Please look for these icons in your cafeteria.