

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

SCHOOL CLOSED

2

Chicken Nuggets
w/ Soft Pretzel Stick

Steamed Corn

3

Meatball Parm Sub

Roasted Broccoli w/ Red Peppers

4

Popcorn Chicken w/ Dinner Roll

Asian Style Chickpeas

5

Pizza day:
Cheese Pizza

Steamed Green Beans

Offered Daily 1/1-1/5: Ham & Cheese Sandwich, Chef Salad w/ Dinner Roll & Cereal Boat

8

Breakfast for Lunch:
WG French Toast Sticks & Sausage

Citrus Glazed Carrots

9

Corn Dog Bites

Tater Tots

10

Cheeseburger On A Bun

Sautéed Spinach

11

Pizza

South West Black Beans

12

1/2 Day
Bag Lunch

Deli Sandwich
Vegetable
Fruit
Milk \ Juice

Offered Daily 1/8-1/12: Turkey & Cheese Sandwich, Garden Salad w/ Flatbread, Bagel Boat

15

SCHOOL CLOSED

16

Chicken Nuggets
w/ Dinner Roll

Steamed Carrots

17

Philly Cheesesteak

Steamed Broccoli

18

Chicken & Waffle

Confetti Bean Salad

19

Pizza day:
French Bread Pizza

Parmesan Green Beans

Offered Daily 1/15-1/19: Italian Sub, Chicken Caesar Salad w/ Flat Bread & Pretzel Boat

22

Hot Dog

Vegetarian Baked Beans

23

Taco Tuesday:
Beef Tacos
w/ Rice

Corn

24

Baked Ziti
w/ Dinner Roll

Sautéed Spinach

25

Boneless Chicken w/ Dinner Roll

Black Bean & Corn Salsa

26

Pizza Day:
Galaxy Pizza

Italian Roasted Zucchini

Offered Daily 1/22-1/26: Tuna Sub, Crispy Chicken Salad w/ Dinner Roll, Cereal Boat

29

Macaroni & Cheese
w/ Breadstick

Steamed Corn

30

Chicken Patty Sandwich

Tossed Side Salad

31

Breakfast for Lunch:
Pancakes w/ Sausage

Sweet Potato Tator Tots

**All lunches include a variety of
fresh fruit, chilled fruit cup, and
choice of milk (skim, 1% or fat free
chocolate)**

Menu Subject to Change

Offered Daily 1/29-1/31: Ham & Cheese Sandwich, Garden Salad w/ Dinner Roll & Bagel Boat

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

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

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



Nutrition Information is available upon request.