

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

SCHOOL CLOSED

2

Boneless Chicken Bites  
w/ Soft Pretzel Stick  
  
Potato Wedges

3

Meatball Parm Sub  
  
Seasoned Collard Greens

4

General TSO Chicken w/ Brown Rice  
  
Black Bean & Corn Salsa

5

**Pizza day:**  
  
Cheese Pizza  
  
Steamed Green Beans

Offered Daily 1/1-1/5: Ham & Cheese Sub, Chicken Caesar Salad w/ Flat Bread and Yogurt Boat

8

Cheesy Bread Stick w/ Marinara  
Sauce  
  
Sweet Potato Tator Tots

9

Corn Dog Bites  
  
Roasted Corn

10

Baked Chicken  
w/ Brown Rice  
  
Sautéed Spinach

11

**Pizza Day:**  
  
Galaxy Pizza  
  
Mixed Vegetables

12

**1/2 Day**  
Bag Lunch  
  
Deli Sandwich  
Vegetable  
Fruit  
Milk / Juice

Offered Daily 1/8-1/12: Turkey Club Sandwich, Chef Salad w/ Flatbread, and Pretzel Boat

15

SCHOOL CLOSED

16

Beef Nachos w/ Fixings  
  
Refried Beans

17

Philly Cheesesteak  
  
Broccoli Slaw

18

Chicken & Waffle  
  
Steamed Carrots

19

**Pizza day:**  
  
French Bread Pizza  
  
Romaine Tossed Salad

Offered Daily 1/15-1/19: Italian Sub, Garden Salad w/ Dinner Roll and Cereal Boat

22

Hot Dog  
  
Baked Beans

23

Grilled Cheese Pretzel Sandwich  
w/ Tomato Soup  
  
Sweet Yams

24

Beefy Cheesy Mac w/ Dinner Roll  
  
Sautéed Spinach

25

**Breakfast for Lunch:**  
  
Breakfast Potato Bowl  
w/ Buttermilk Biscuit  
  
Sweet Potato

26

**Pizza Day:**  
  
Pepperoni Pizza Slice  
  
Green Beans

Offered Daily 1/22-1/26: Ham & Cheese Sandwich, Crispy Chicken Salad w/ Dinner Roll, Bagel Boat

29

Chicken Tenders  
w/ Side of Macaroni & Cheese  
  
Steamed Green Beans

30

Chicken Patty Sandwich  
  
Seasoned Steamed Corn

31

**Breakfast for Lunch:**  
  
Pancakes w/ Sausage  
  
Sweet Potato Fries

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: Tuna Sub, Chicken Caesar Salad w/ Flat Bread and Yogurt 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](http://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.