

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

				<b>1</b> Hamburger w/Fries Chef's Choice Hand Rolled Bean & Cheese Burrito Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit
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You must select a half cup of fruit or vegetables or combination of both with your meal. You may select one.

<b>4</b> Chicken Alfredo Pasta Chicken Nuggets w/Roll Cheese Quesadilla Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit	<b>5</b> Teriyaki Chicken w/Rice 100% Mozzarella Cheese or Pepperoni Pizza Corn Dog Caesar Salad Celery Carrots Beans Selection of Fruit	<b>6</b> Chicken Quesadillas Crispy Chicken Sandwich Peanut Butter & Jelly Sandwich* w/String Cheese Tossed Green Salad Cucumbers Carrots Selection of Fruit	<b>7</b> Chicken Tinga w/Rice 100% Mozzarella Cheese or Pepperoni Pizza Turkey Sub Sandwich Caesar Salad Celery Carrots Beans Selection of Fruit	<b>8</b> Chicken Tenders w/Roll Chef's Choice Hand Rolled Beans & Cheese Burrito Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit
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We offer fruit and vegetables daily for your selection with your meal.

<b>11</b> Spaghetti w/Meat Sauce Peanut Butter & Jelly Sandwich w/String Cheese Turkey & Cheese Sandwich Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit	<b>12</b> Waffles w/Sausage 100% Mozzarella Cheese or Pepperoni Pizza Chicken Caesar Salad w/Roll Caesar Salad Celery Carrots Beans Selection of Fruit	<b>13</b> Chicken Tacos Mac & Cheese w/Roll Turkey Hot Dog Tossed Green Salad Cucumbers Carrots Selection of Fruit	<b>14</b> Cheese Nachos w/Chicken 100% Mozzarella Cheese or Pepperoni Pizza Fruit Yogurt Parfait Caesar Salad Celery Carrots Beans Selection of Fruit	<b>15</b> Hamburger w/Fries Chef's Choice Hand Rolled Bean & Cheese Burrito Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit
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Lunch includes choice of nonfat chocolate milk and 1% white milk.

<b>18</b> Chicken Alfredo Pasta Chicken Nuggets w/Roll Cheese Quesadilla Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit	<b>19</b> Teriyaki Chicken w/Rice 100% Mozzarella Cheese or Pepperoni Pizza Corn Dogs Caesar Salad Celery Carrots Beans Selection of Fruit	<b>20</b> Chicken Quesadillas Crispy Chicken Sandwich Peanut Butter & Jelly Sandwich* w/String Cheese Tossed Green Salad Cucumbers Carrots Selection of Fruit	<b>21</b> Chicken Tinga w/Rice 100% Mozzarella Cheese or Pepperoni Pizza Turkey Sub Sandwich Caesar Salad Celery Carrots Beans Selection of Fruit	<b>22</b> Chicken Tenders w/Roll Chef's Choice Hand Rolled Bean & Cheese Burrito Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit
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<b>25</b> Spaghetti w/Meat Sauce Peanut Butter & Jelly Sandwich w/String Cheese Turkey & Cheese Sandwich Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit	<b>26</b> Waffles w/Sausage 100% Mozzarella Cheese or Pepperoni Pizza Chicken Caesar Salad w/Roll Caesar Salad Celery Carrots Beans Selection of Fruit	<b>27</b> Chicken Tacos Mac & Cheese w/Roll Turkey Hot Dog Tossed Green Salad Cucumbers Carrots Selection of Fruit	<b>28</b> Cheese Nachos w/Chicken 100% Mozzarella Cheese or Pepperoni Pizza Fruit Yogurt Parfait Caesar Salad Celery Carrots Beans Selection of Fruit	<b>29</b> Hamburger w/Fries Chef's Choice Hand Rolled Bean & Cheese Burrito Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit
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Menu is Subject to Change

This institution is an equal opportunity provider.



## National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Includes Assorted Fresh and Canned Fruit 1% White Milk & Fat Free Chocolate Milk	Assorted Cereals Offered w/ String Cheese or Graham Crackers	
Pancake on a Stick Cinnamon Bun Ultimate Breakfast Bar Served with Assorted Fruit	Sausage Muffin Pan Dulce Benefit Bar Served with Assorted Fruit	Ultimate Breakfast Bar Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit	Cinnamon Bun Donuts Pancakes Served with Assorted Fruit	Yogurt w/Graham Crackers Benefit Bar Muffins w/Graham Crackers Served with Assorted Fruit
Pancake on a Stick Cinnamon Bun Ultimate Breakfast Bar Served with Assorted Fruit	Sausage Muffin Pan Dulce Benefit Bar Served with Assorted Fruit	Ultimate Breakfast Bar Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit	Cinnamon Bun Donuts Pancakes Served with Assorted Fruit	Yogurt w/Graham Crackers Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit
Pancake on a Stick Cinnamon Bun Ultimate Breakfast Bar Served with Assorted Fruit	Sausage Muffin Pan Dulce Benefit Bar Served with Assorted Fruit	Ultimate Breakfast Bar Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit	Cinnamon Bun Donuts Pancakes Served with Assorted Fruit	Yogurt w/Graham Crackers Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

**All Student Meals are Offered at No Charge.**

Adult Meal Prices  
Breakfast \$3.00  
Lunch \$4.75

Nutrition Information is available upon request.

