

### MONDAY



### TUESDAY



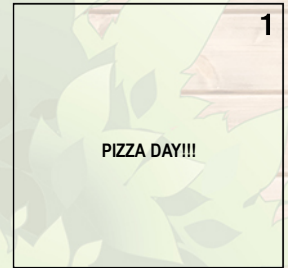
### WEDNESDAY



### THURSDAY

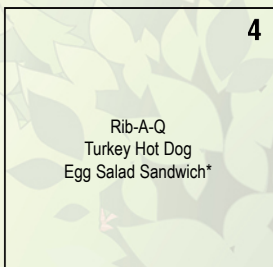


### FRIDAY

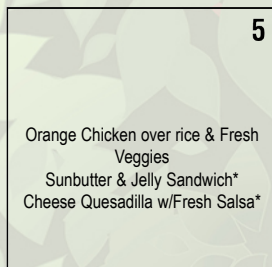


PIZZA DAY!!!

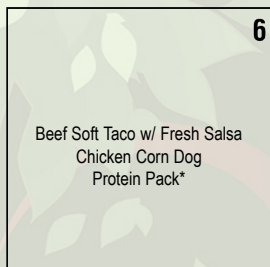
We offer a variety of fresh fruits and vegetables daily.



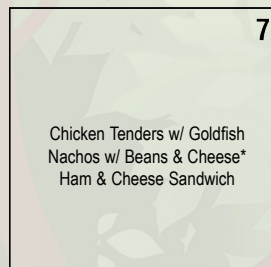
Rib-A-Q  
Turkey Hot Dog  
Egg Salad Sandwich\*



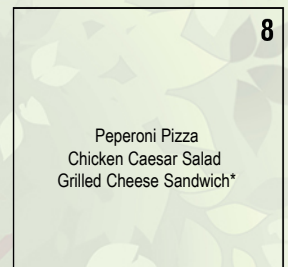
Orange Chicken over rice & Fresh Veggies  
Sunbutter & Jelly Sandwich\*  
Cheese Quesadilla w/Fresh Salsa\*



Beef Soft Taco w/ Fresh Salsa  
Chicken Corn Dog  
Protein Pack\*

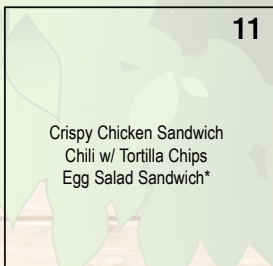


Chicken Tenders w/ Goldfish  
Nachos w/ Beans & Cheese\*  
Ham & Cheese Sandwich

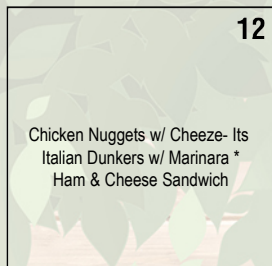


Peperoni Pizza  
Chicken Caesar Salad  
Grilled Cheese Sandwich\*

Students must select at least a half cup of fruits and/or vegetables with every meal.



Crispy Chicken Sandwich  
Chili w/ Tortilla Chips  
Egg Salad Sandwich\*



Chicken Nuggets w/ Cheeze- Its  
Italian Dunkers w/ Marinara \*  
Ham & Cheese Sandwich



Cheeseburger w/ Fries  
Ham & Cheese Sandwich  
Protein Pack\*

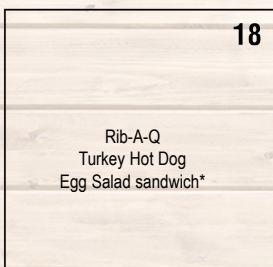


Mac & Cheese\* w/ Roll  
Bean Burrito\*  
Turkey & Cheese Sandwich



PIZZA DAY!!!

\* denotes vegetarian options.



Rib-A-Q  
Turkey Hot Dog  
Egg Salad sandwich\*



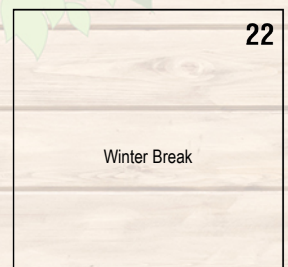
Orange Chicken over Rice & Fresh Veggies  
Sunbutter & Jelly Sandwich\*  
Cheese Quesadilla w/Fresh Salsa



Beef Soft Taco w/Fresh Salsa  
Chicken Corn Dog  
Protein Pack\*



Chicken Tenders w/Goldfish  
Nachos w/ Beans & Cheese\*  
Ham & Cheese Sandwich



Winter Break

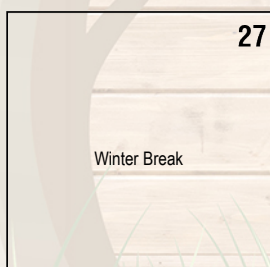
Menu is subject to change.



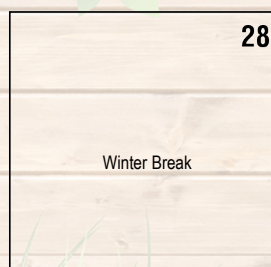
Winter Break



Winter Break



Winter Break



Winter Break

### MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk  
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!





## 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.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST

**MONDAY:** Bagel w/Cream Cheese

**TUESDAY:** Fresh Baked Muffin w/ String Cheese

**WEDNESDAY:** Assorted Benefit Bars

**THURSDAY:** Waffle w/ Strawberry Topping

**FRIDAY:** Breakfast Pizza

Cereal w/ Crackers available daily

Students must take at least a half cup of fruit with breakfast.

We offer nonfat chocolate milk and 1% white milk with all meals.

## Fresh Pick Recipe

### GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

**WASH YOUR HANDS**



Student Breakfast and Lunch are provided at NO CHARGE.

Adult Breakfast: \$3.25

Adult Lunch: \$5.25

Adult A la Carte Entrée: \$4.00



10% post-consumer



Nutrition Information is available upon request.

