

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Breakfast:
Cinnamon Sugar Pancake Bites (v)

Lunch:
Choice of Burger: Cheeseburger, Hamburger, or Veggie Burger (v)
Corn Dog
Turkey & Cheese Sandwich

3

Breakfast:
Sausage Biscuit Sandwich

Lunch:
Corn Dog
Orange Chicken over Brown Rice
Sunbutter & Jelly Sandwich (v)
Fiesta Salad w/ Tortilla Chips

4

Breakfast:
Blueberry Patch & Granola Parfait (v)

Lunch:
Crispy Chicken Burger
Creamy Mac & Cheese
Fresh Garden Salad w/ WG Rolls (v)

5

Breakfast:
Homemade French Toast (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Corn dog
Turkey & Cheese Sandwich

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

8

Breakfast:
Waffles w/ Berry Compote (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Saucy Meatball Sub
Chef Salad w/ WG Rolls

9

Breakfast:
Sausage Breakfast Pizza

Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Italian Sub Sandwich
Strawberry Fields Parfait (v)

10

Breakfast:
Potato, Egg, & Ham Breakfast Bowl w/ Toast

Lunch:
Big City Bites Austin featuring Hearty Texas Chili w/ Tortilla Chips
Sunbutter & Jelly Sandwich (v)
Chef Salad w/ Rolls

11

Breakfast:
Build-Your-Own Oatmeal Bar (v)

Lunch:
Cheesy Breadsticks w/ Marinara (v)
Crispy Chicken Wrap
Pinwheel Party Box

12

Breakfast:
Yogurt w/ Graham Crackers (v)

Lunch:
Scratch Cheese (v) or Pepperoni Pizza
Chicken Caesar Salad w/ WG Rolls
American Sandwich

15

NO SCHOOL
MARTIN LUTHER KING JR. DAY

16

Breakfast:
Mini Maple Waffles (v)

Lunch:
Crispy Chicken Burger
Chicken Alfredo Pasta
Sunbutter & Jelly Sandwich (v)

17

Breakfast:
Ham & Cheese English Muffin

Lunch:
Pork Posole w/ Tortilla Chips
Soft Pretzel w/ Cheese Sauce
Turkey & Cheese Sandwich

18

Breakfast:
Breakfast Banana Split (v)

Lunch:
Turkey & Gravy over Whipped Potatoes w/ WG Rolls
Corn Dog
American Sandwich

19

Breakfast:
Fruity Muffin Squares (v)

Lunch:
Scratch Cheese (v) or Pepperoni Pizza
Fish & Chips
Ham & Cheese Sandwich

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

22

Breakfast:
French Toast Sticks (v)

Lunch:
Choice of Burger: Cheeseburger, Hamburger, or Veggie Burger (v)
Turkey Totchos w/ WGRolls
Italian Stacker

23

Breakfast:
Yogurt w/ Graham Crackers (v)

Lunch:
Glazed Chicken Drumstick w/ WG Rolls
Chef Salad w/ WG Rolls
Sunbutter & Jelly Sandwich (v)

24

Breakfast:
Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast

Lunch:
Big City Bites Austin featuring Texas Chili w/ Tortilla Chips
Hot Dog
Blueberry Patch Parfait (v)

25

Breakfast:
Egg & Sausage Breakfast Burrito

Lunch:
Crispy Chicken Burger
Spaghetti w/ Meaty Marinara
Chicken Caesar Salad w/ WG Rolls

26

Breakfast:
Whole Grain Cinnamon Roll (v)

Lunch:
Scratch Cheese (v) or Pepperoni Pizza
Grilled Cheese Sandwich (v)
Crispy Chicken Wrap

Vegetarian items marked with (v)

29

NO SCHOOL

30

Breakfast:
Apple Frudel (v)

Lunch:
Brunch for Lunch: Pancakes w/ Sausage
Fruit & Yo To-Go Box (v)
Chef Salad w/ WG Rolls

31

Breakfast:
Egg & Cheese English Muffin (v)

Lunch:
BBQ Chicken Sandwich
Bean & Cheese Nachos (v)
Italian Sub Sandwich



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.

liftoffsplayground.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

EGG WHITE OMELETTE WITH
SPINACH OR CHARD
(MAKES 1 OMELETTE)

- 1 teaspoon olive oil
 - 2 cups spinach or chard leaves
 - pepper (freshly milled)
 - 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives
1. In a small nonstick skillet, heat one teaspoon of oil.
 2. Add the spinach or chard, and cook until it's wilted.
 3. Season with salt and pepper, then move to a plate.
 4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
 5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



Nutrition Information is available upon request.

