

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Taco Tuesday
 Twin Beef Tacos w/ Taco Rice
 Chicken Patty
 Corn

3
 Meatball Parm. Sub
 Chicken Patty
 Roasted Broccoli w/ Red Peppers

4
 Chicken and Waffles
 Chicken Patty
 Vegetarian Baked Beans

5
Pizza day:
 Old School Cheese Pizza
 Chicken Patty
 Steamed Green Beans

Offered Daily 1/1-1/5: Tuna Salad Wrap or Peanut Butter & Jelly Sandwich

8
 Cheesy Stuffed Breadstick w/ Marinara
 Hot Dog
 Citrus Glazed Carrots

9
 Hometown Corn Dog Bites
 Hot Dog
 Tater Tots

10
 Chicken Bacon Ranch Sandwich
 Hot Dog
 Spinach Salad

11
 Orange Chicken with Brown Rice
 Hot Dog
 Asian Style Chickpeas

12
Pizza day:
 Cheese or Pepperoni
 Hot Dog
 Mixed Vegetables

Offered Daily 1/8-1/12: Turkey Sub or Peanut Butter & Jelly Sandwich

15
 No School

16
 Chicken Nuggets w/ Dinner Roll
 Cheeseburger
 Curly Fries

17
 BBQ Chicken Flatbread
 Cheeseburger
 Broccoli Slaw

18
 Spaghetti in Meat Sauce with Garlic Breadstick
 Cheeseburger
 Three Bean Salad

19
Pizza day:
 Cheese or Pepperoni Pizza
 Cheeseburger
 Parmesan Green Beans

Offered Daily 1/15-1/19: Italian Sub or Peanut Butter & Jelly Sandwich

22
 Cheesy Stuffed Breadsticks w/ Marinara
 Corn Dog Nuggets
 Roasted Parmesan Carrot Sticks

23
 Grilled Cheese Pretzel Sandwich
 Corn Dog Nuggets
 Tomato Soup

24
 Beefy Cheesy Mac
 Corn Dog Nuggets
 Side Salad

25
 Breakfast Potato Bowl
 Corn Dog Nuggets
 Tater Tots

26
Pizza Day:
 Cheese or Pepperoni Pizza
 Corn Dog Nuggets
 Italian Roasted Zucchini

Offered Daily 1/22-1/26: Ham & Cheese Sub or Peanut Butter & Jelly Sandwich

29
 Macaroni & Cheese w/ Breadstick
 Chicken Nuggets
 Cinnamon Sweet Potatoes

30
 Chicken Patty Sandwich
 Chicken Nuggets
 Seasoned Steamed Corn

31
 Turkey Bowl
 Chicken Nuggets
 Broccoli & Cauliflower

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: Turkey & Cheese Sub or Peanut Butter & Jelly 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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cereal Fruit/ Milk	Assorted Poptarts Fruit/ Milk	Assorted Muffin Fruit/ Milk	Nutrigrain Bar Fruit/ Milk
Bagel with Cream Cheese Fruit/ Milk	Donut Fruit/ Milk	Banana Bread Fruit/ Milk	Assorted Cereal Bar Fruit/ Milk	Oatmeal Bar Fruit/ Milk
	Nutrigrain Bar Fruit/ Milk	Assorted Poptart Fruit/ Milk	Donut Fruit/ Milk	Assorted Cereal Fruit/ Milk
Pumpkin Bread Fruit/ Milk	Bagel with Cream Cheese Fruit/ Milk	Assorted Cereal Fruit/ Milk	Assorted Muffin Fruit/ Milk	Assorted Poptart Fruit/ Milk
Cereal Bar Fruit/ Milk	Assorted Muffin Fruit/ Milk	Assorted Cereal Fruit/ Milk		

Fresh Pick Recipe

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.

2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



So Happy

Nutrition Information is available upon request.