

MONDAY



TUESDAY

Menu Subject to Change

WEDNESDAY



THURSDAY

Chicken Drumstick with Dinner Roll **2**
 Chicken Nuggets with Dinner Roll
 Seasoned Peas
 Grape Tomatoes
 Fruit/Milk

FRIDAY

Cheese or Pepperoni French Bread Pizza **3**
 Cheeseburger
 Roasted Carrots
 Grape Tomatoes
 Fruit / Milk

Offered Daily: Turkey and Cheese Sub or Peanut butter and Jelly

6

Chicken Tender with Pretzel Stick
 Corn Dog Nuggets
 Sweet Potato Fries
 Cucumber Slices
 Fruit / Milk

7

Beef Nachos
 Chicken Patty
 Seasoned Corn
 Cucumber Slices
 Fruit / Milk

8

Ravioli with Breadstick
 Hot Dog
 Garlic Roasted Spinach
 Cucumber Slices
 Fruit / Milk

9

Hot Turkey Sandwich with Gravy
 Chicken Nuggets with Dinner Roll
 Low Country Green Beans
 Cucumber Slices
 Fruit/Milk

10

Cheese or Pepperoni Pizza Bagels
 Cheeseburger
 Baked Beans
 Cucumber Slices
 Fruit/Milk

Offered Daily: Crispy Chicken Wrap or Peanut butter and Jelly

13

Breakfast for Lunch!
 Pancakes with Sausage
 Corn Dog Nuggets
 Cheesy Corn Casserole
 Side Salad
 Fruit/Milk

14

Twin Beef Soft Tacos
 Chicken Patty
 Southwest Pinto Beans
 Side Salad
 Fruit / Milk

15

General Tso's Chicken with Brown Rice
 Hot Dog
 Seasoned Broccoli
 Side Salad
 Fruit / Milk

16

Cheesesteak Sandwich
 Chicken Nuggets with Dinner Roll
 Cauliflower
 Side Salad
 Fruit/Milk

17

Cheese or Pepperoni Pizza
 Cheeseburger
 Roasted Squash
 Side Salad
 Fruit / Milk

Offered Daily: Strawberry Parfait or Peanut butter and Jelly



21

Chicken Quesadilla
 Chicken Patty
 Corn and Black Bean Salsa
 Celery Sticks
 Fruit/ Milk

22

Asian Meatball Flatbread
 Hot Dog
 Baked Fries
 Celery Sticks
 Fruit/ Milk

23

Butter Chicken with Brown Rice
 Chicken Nuggets
 Roasted Zucchini
 Celery Sticks
 Fruit/ Milk

24

Pizza Dunkers with Marinara
 Cheeseburger
 Sautéed Spinach
 Celery Sticks
 Fruit/ Milk

Offered Daily: EZ Pizza Bento or Peanut butter and Jelly

27

Pulled Pork Sandwich
 Corn Dog Nuggets
 Baked Beans
 Carrot Sticks
 Fruit/ Milk

28

Beef Totchos with Biscuit
 Chicken Patty
 Roasted Carrots
 Carrot Sticks
 Fruit/ Milk

29

Popcorn Chicken Bowl
 Hot Dog
 Seasoned Corn
 Carrot Sticks
 Fruit/ Milk

30

Grilled Cheese with Tomato Soup
 Chicken Nuggets with Dinner Roll
 Green Beans
 Carrot Sticks
 Fruit/ Milk

31

Cheese or Pepperoni French Bread Pizza
 Cheeseburger
 Seasoned Broccoli
 Carrot Sticks
 Fruit/ Milk

Offered Daily: Turkey Club Sandwich or Peanut butter and Jelly

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
			Chicken Biscuit Cereal Bar with Graham Cracker Yogurt with Graham Cracker Juice/Milk	Sausage, Egg and Cheese on Waffle Flatbread Muffin with Graham Cracker Yogurt Cup with Graham Cracker
Warm Benefit Bar Slice of Banana Bread Yogurt Cup with Graham Cracker Fruit Juice / Milk	Strawberry Mini Bagel Oatmeal Breakfast Round with Graham Cracker Yogurt Cup with Graham Cracker Juice / Milk	Blueberry Waffle Cereal with Graham Cracker Yogurt Cup with Graham Cracker Juice / Milk	Breakfast Pizza Cereal Bar with Graham Cracker Yogurt Cup with Graham Cracker Juice/Milk	Warm Oatmeal Muffin with Graham Cracker Yogurt Cup with Graham Cracker Juice/Milk
Soft Cinnamon Toast Crunch Bar Slice of Banana Bread Yogurt Cup with Graham Cracker Juice/Milk	Warm Cinnamon Bun Oatmeal Breakfast Round with Graham Cracker Yogurt Cup with Gra- ham Cracker Juice/Milk	Pancake Flavored Chicken Sausage Patty Bite Cereal with Graham Cracker Yogurt with Graham Cracker	Chicken Biscuit Cereal Bar with Graham Cracker Yogurt with Graham Cracker Juice/Milk	Sausage, Egg, and Cheese with Waffle Flatbread Muffin with Graham Cracker Yogurt Cup with Gra- ham Cracker
	Strawberry Mini Bagel Oatmeal Breakfast Round with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Blueberry Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Breakfast Pizza Cereal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Banana Berry Smoothie Muffin with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Soft Cinnamon Toast Crunch Bar Slice of Banana Bread Yogurt with Graham Cracker Juice/ Milk	Warm Cinnamon Bun Oatmeal Breakfast Round with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Pancake Flavored Chicken Sausage Patty Bite Cereal with Graham Cracker Yogurt with Graham Cracker	Chicken Biscuit Cereal Bar with Gra- ham Cracker Yogurt with Graham Cracker Juice/ Milk	Sausage, Egg and Cheese with Waffle Flatbread Muffin with Graham Cracker Yogurt with Graham Cracker Juice/ Milk

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.

Please email stacie.lyman@sodexo.com
with any dietary restrictions or questions about your child's account.

Menu Subject to Change

Nutrition Information is available upon request.

