

MONDAY

Winter Break

TUESDAY

Winter Break

WEDNESDAY



THURSDAY

2
 Chicken Drumstick with Dinner Roll
 Hot Dog
 Seasoned Peas
 Fruit/Milk

FRIDAY

3
 Cheese French Bread Pizza
 Hot Dog
 Roasted Carrots
 Fruit / Milk

Offered Daily: Yogurt Boat or Peanut butter and Jelly

6

Chicken Tender with Pretzel Stick
 Hot Dog
 Sweet Potato Fries
 Fruit / Milk

7

Chicken Patty
 Hot Dog
 Seasoned Corn
 Fruit / Milk

8

Noodles with Breadstick
 Hot Dog
 Cucumber Slices
 Fruit / Milk

9

Hot Turkey Sandwich with Gravy
 Hot Dog
 Low Country Green Beans
 Fruit/Milk

10

Pizza Bagel
 Hot Dog
 Baked Beans
 Fruit/Milk

Offered Daily: Yogurt Boat or Peanut butter and Jelly

13

Breakfast for Lunch!
 Pancakes with Sausage
 Hot Dog
 Side Salad
 Fruit/Milk

14

Corn Dog Nuggets
 Hot Dog
 Southwest Pinto Beans
 Fruit / Milk

15

Popcorn Chicken with Brown Rice
 Hot Dog
 Seasoned broccoli
 Fruit / Milk

16

Steak Sandwich
 Hot Dog
 Cauliflower
 Fruit/Milk

17

Cheese Pizza
 Hot Dog
 Roasted Squash
 Fruit / Milk

Offered Daily: Yogurt Boat or Peanut butter and Jelly



21

Hamburger
 Hot Dog
 Celery Sticks
 Fruit/ Milk

22

Teriyaki Meatballs with Brown Rice
 Hot Dog
 Baked Fries
 Fruit/ Milk

23

Chicken Nuggets with Dinner Roll
 Hot Dog
 Roasted Zucchini
 Fruit/ Milk

24

Pizza Dunkers
 Hot Dog
 Sautéed Spinach
 Fruit/ Milk

Offered Daily: Yogurt Boat or Peanut butter and Jelly

27

Pulled Pork Sliders
 Hot Dog
 Baked Beans
 Fruit/ Milk

28

Beef Totchos (Taco meat over Tater Tots)
 Hot Dog
 Roasted Carrots
 Fruit/ Milk

29

Popcorn Chicken Bowl
 Hot Dog
 Seasoned Corn
 Fruit/ Milk

30

Chicken Patty
 Hot Dog
 Green Beans
 Fruit/ Milk

31

Cheese French Bread Pizza
 Hot Dog
 Seasoned Broccoli
 Fruit/ Milk

Offered Daily: Yogurt Boat 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.liftoffsplayground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|---|---|--|--|
| | | | Cereal Bar with Graham Cracker Juice/Milk | Muffin with Graham Cracker Juice / Milk |
| Slice of Banana Bread Juice / Milk | Oatmeal Breakfast Round with Graham Cracker Juice / Milk | Blueberry Waffle Cereal with Graham Cracker Yogurt Cup with Graham Cracker Juice / Milk | Cereal Bar with Graham Cracker Juice/Milk | Muffin with Graham Cracker Juice/Milk |
| Slice of Banana Bread Juice/Milk | Oatmeal Breakfast Round with Graham Cracker Juice/Milk | Maple Pancakes Cereal with Graham Cracker Yogurt with Graham Cracker Juice/Milk | Cereal Bar with Graham Cracker Juice/Milk | Muffin with Graham Cracker Juice / Milk |
| | Oatmeal Breakfast Round with Graham Cracker Juice/Milk | Blueberry Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/Milk | Cereal Bar with Graham Cracker Juice/Milk | Muffin with Graham Cracker Juice/Milk |
| Slice of Banana Bread Juice/Milk | Oatmeal Breakfast Round with Graham Cracker Juice/Milk | Maple Pancakes Cereal with Graham Cheese Yogurt with Graham Cracker Juice/Milk | Cereal Bar with Graham Cracker Juice/Milk | Muffin with Graham Cracker Juice/Milk |

Fresh Pick Recipe

PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.

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

Online deposits can be made at:
<https://www.schoolcafe.com/DOWNTOWNSHIPSD>

Menu subject to change

Nutrition Information is available upon request.

