

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Winter Break

2

Winter Break

3

Bean & Cheese Nachos (V)  
Mexi-Chicken Nachos  
Crispy Chicken Wrap  
  
Corn Elotes  
Charro Beans

4

Twisted Dog  
Orange Chicken  
Sunbutter & Jelly Sandwich (V)  
  
Roasted Broccoli  
Tater Tot

5

Cheese Pizza (V)  
Grilled Ham and Cheese Sandwich  
Chicken Caesar Wrap  
  
Roasted California Vegetable Blend  
Crinkle Cut Fries

8

American Sandwich  
Baked Penne (V)  
BBQ Riblet Sandwich  
  
Green Beans  
Sweet Potato Deep Groove Crinkles

9

Cheese Pizza (V)  
Hamburger  
Chicken Caesar Wrap  
  
Crinkle Cut Fries  
Roasted Broccoli

10

Chicken Parmesan Sandwich  
Chicken Nuggets  
Strawberry Banana Parfait (V)  
  
Smile Fries  
Roasted Squash & Zucchini

11

Beefy Totchos  
Cheese Quesadilla (V)  
Crispy Chicken Wrap  
  
Mexican Roasted Corn  
Onion & Pepper Tater Tot Hash

12

Broccoli & Cheese Baked Potato (V)  
BBQ Glazed Drum Stick  
Sunbutter & Jelly Sandwich (V)  
  
Baked Beans  
Apple Glazed Baby Carrots

15

Martin Luther King Day

16

Breaded Chicken Sandwich  
Hearty Garden Salad (V)  
Popcorn Chicken Bowl  
  
Corn  
Mashed Potatoes & Gravy  
Chocolate Chip Cookie

17

Italian Cheese Dippers (V)  
Meatball Sub  
Pizza Bento Box  
  
Parmesan Green Beans  
Roasted Squash & Zucchini

18

Corn Dog  
Beef & Cheese Nachos  
Turkey & Cheese Sandwich  
  
Mexican Black Beans  
Sweet Potato Deep Groove Crinkles

19

Enchilada Suiza  
Pepperoni Pizza  
Sunbutter & Jelly Sandwich (V)  
  
Roasted Broccoli & Carrots  
Refried Beans

22

Chicken Alfredo Mac  
Italian Cheese Dippers (V)  
Pizza Bento Box (V)  
  
Roasted Green Beans  
Roasted Broccoli

23

Cheese Pizza (V)  
Chicken Quesadilla  
American Sandwich  
  
Peas and Carrots  
Pinto Beans  
Chocolate Chip Cookie

24

Ham & Cheese Melt  
Spaghetti & Meatballs  
Turkey & Cheese Sandwich  
  
Roasted Squash and Zucchini  
Sweet Potato Deep Groove Crinkles

25

Chili Cheese Dog  
Frito Chili Pie  
Sunbutter & Jelly Sandwich (V)  
  
Carolina Slaw  
Aztec Corn

26

Chicken Nuggets  
Veggie Burger (V)  
Ham & Cheese Sandwich  
  
Glazed Carrots  
Mashed Potatoes & Gravy

29

BBQ Chicken Sandwich  
Walking Nachos  
Sun Butter and Jelly Sandwich  
  
Blue Ribbon Slaw  
Refried Beans

30

Macaroni & Cheese (V)  
Corn Dog  
Crispy Chicken Wrap  
  
Roasted Broccoli  
Crinkle Cut Fries  
Chocolate Chip Cookie

31

Breakfast 4 Lunch  
Pepperoni Pizza  
American Sandwich  
  
Baked Apples  
Green Beans

Chicken Nuggets  
Cheesy Chicken Spaghetti  
Chicken Caesar Wrap  
  
Peas & Carrots  
Mashed Potatoes & Gravy

Sloppy Joes  
Hamburger  
Just Peachy Parfait (V)  
  
Mixed Vegetables  
Tater Tots



## 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.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 1</b> Winter Break	<b>January 2</b> Winter Break	<b>January 3</b> Breakfast Pizza Assorted Cereal Bananas ~~~~~ Fruit Juice & Milk	<b>January 4</b> Yogurt Waffle Flatbread Stacker Applesauce ~~~~~ Fruit Juice & Milk	<b>January 5</b> Pancakes Assorted Cereal Apple Slices ~~~~~ Fruit Juice & Milk
<b>January 8</b> Pancake Sausage Bites Assorted Cereal Applesauce ~~~~~ Fruit Juice & Milk	<b>January 9</b> Biscuits & Gravy Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice & Milk	<b>January 10</b> Egg & Cheese Breakfast Burrito Assorted Cereal Bananas ~~~~~ Fruit Juice & Milk	<b>January 11</b> Ham & Cheese English Muffin Blueberry Muffin Applesauce ~~~~~ Fruit Juice & Milk	<b>January 12</b> French Toast Sticks Assorted Cereal Apple Slices ~~~~~ Fruit Juice & Milk
<b>January 15</b> Martin Luther King Day	<b>January 16</b> Apple Cinnamon Muf- fin Egg & Cheese English Muffin Orange Smiles ~~~~~	<b>January 17</b> Pancakes Assorted Cereal Bananas ~~~~~ Fruit Juice & Milk	<b>January 18</b> Scrambled Eggs & Toast Donut Applesauce ~~~~~ Fruit Juice & Milk	<b>January 19</b> Sausage Biscuit Assorted Cereal Apple Slices ~~~~~ Fruit Juice & Milk
<b>January 22</b> French Toast Sticks Assorted Cereal Applesauce ~~~~~ Fruit Juice & Milk	<b>January 23</b> Egg & Cheese Break- fast Burrito Biscuits & Gravy Orange Smiles ~~~~~ Fruit Juice & Milk	<b>January 24</b> Breakfast Pizza Assorted Cereal Bananas ~~~~~ Fruit Juice & Milk	<b>January 25</b> Sausage Biscuit Donut Applesauce ~~~~~ Fruit Juice & Milk	<b>January 26</b> Pancake Bites Assorted Cereal Apple Slices ~~~~~ Fruit Juice & Milk
<b>January 29</b> Assorted Cereal Cinnamon Toast Crunch Pastry Bar Applesauce ~~~~~ Fruit Juice & Milk	<b>January 30</b> Biscuits & Gravy Donut Orange Smiles ~~~~~ Fruit Juice & Milk	<b>January 31</b> Scrambled Eggs & Toast Assorted Cereal Bananas ~~~~~ Fruit Juice & Milk	<b>February 1</b> H&C English Muffin Cinnamon Roll Applesauce ~~~~~ Fruit Juice & Milk	<b>February 2</b> Sausage Biscuit Assorted Cereal Apple Slices ~~~~~ Fruit Juice & Milk

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Variety of cereal, fat-free, & low-fat milk offered daily

Nutrition Information is available upon request.