

MONDAY



TUESDAY

3

Cheese Pizza (V)
Chicken & Waffles
Buffalo Chicken Wrap
~~~~~  
Buttery Corn  
Variety of fruit and vegetables

### WEDNESDAY

4

Spaghetti w/Meat Sauce  
Bean & Cheese Nachos (V)  
Crispy Chicken Wrap  
~~~~~  
Pinto Beans
Variety of fruit and vegetables

THURSDAY

5

Oklahoma Twister Dog
Orange Chicken w/ Brown Rice
Sunbutter & Jelly Sandwich
~~~~~  
Cooked Peas  
Variety of fruit and vegetables

### FRIDAY

6

Pepperoni Pizza  
Grilled Cheese (V)  
Chicken Caesar Wrap  
~~~~~  
Sweet Potato Fries
Variety of fruit and vegetables

Fresh Pick of the Month: Broccoli!

9

Crispy Chicken Sandwich
Baked Penne Pasta
All-American Sandwich
~~~~~  
Green Beans  
Variety of fruit and vegetables

10

Cheese Pizza (V)  
Classic Hamburger  
Pinwheel Party Box  
~~~~~  
Roasted Broccoli
Variety of fruit and vegetables

11

Rib-BQ Sandwich
Chicken Nuggets
Fruit & Yogurt Parfait (V)
~~~~~  
Smiley Potatoes  
Variety of fruit and vegetables

12

Beefy Totchos  
Cheese Quesadilla (V)  
Crispy Chicken Wrap  
~~~~~  
Mexican Corn
Variety of fruit and vegetables

13

Pepperoni Pizza
BBQ Glazed Drumstick
Sunbutter & Jelly Sandwich (V)
~~~~~  
Baked Beans  
Variety of fruit and vegetables

Seasonal fruit & vegetables offered daily on garden bar

16

No School

17

Cheese Pizza (V)  
Popcorn Chicken Bowl  
Crispy Chicken Wrap  
~~~~~  
Baked Beans
Variety of fruit and vegetables

18

Italian Cheese Dippers w/ Marinara
Sauce (V)
Beef & Cheese Nachos
Pizza Bento Box
~~~~~  
California Blend Vegetables  
Variety of fruit and vegetables

19

Comdog  
Chicken Enchilada Suiza  
Turkey & Cheese Sandwich  
~~~~~  
Roasted Mixed Vegetables
Variety of fruit and vegetables

20

Meatball Sub
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)
~~~~~  
Roasted Carrots  
Variety of fruit and vegetables

(V) denotes vegetarian friendly item

23

BBQ Chicken Sandwich  
Chicken Alfredo Mac  
Pizza Bento Box (V)  
~~~~~  
Sweet Potato Fries
Variety of fruit and vegetables

24

Cheese Pizza (V)
Chicken Quesadilla
All-American Sandwich
~~~~~  
Peas & Carrots  
Variety of fruit and vegetables

25

Grilled Cheese Sandwich (V)  
Spaghetti & Meatballs  
Turkey & Cheese Sandwich  
~~~~~  
Roasted Broccoli
Variety of fruit and vegetables

26

Pepperoni Pizza
Frito Chili Pie
Sunbutter & Jelly Sandwich (V)
~~~~~  
Charro Beans  
Variety of fruit and vegetables

27

Chicken Nuggets  
Bean Burrito  
Ham & Cheese Sandwich  
~~~~~  
Steamed Corn & Mashed Potatoes &
Gravy
Variety of fruit and vegetables

Fat-free and low-fat milk offered daily

30

Walking Nachos
Mexi-Chicken Flatbread
Sunbutter & Jelly Sandwich (V)
~~~~~  
Refried Beans  
Variety of fruit and vegetables

31

Cheesy Chicken Spaghetti  
Cheese Ravioli (V)  
Crispy Chicken Wrap  
~~~~~  
Roasted Broccoli
Variety of fruit and vegetables



MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

This institution is an equal opportunity provider.

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
January 2 No School	January 3 Biscuit & Gravy or Cinnamon Toast Orange Smiles Milk	January 4 Breakfast Pizza or Assorted Cereal Bananas Milk	January 5 Ham & Cheese English Muffin or Oatmeal w/ Toppings Craisins	January 6 Breakfast Taco or Cinnamon Toast Sliced Apples Milk
January 9 Cinnamon Toast Crunch Breakfast Bar or Assorted Cereal Applesauce Milk	January 10 Biscuit & Gravy or Cinnamon Roll Orange Smiles Milk	January 11 Breakfast Pizza or Assorted Cereal Bananas Milk	January 12 Ham & Cheese English Muffin Oatmeal w/ Toppings Craisins Milk	January 13 Homestyle Breakfast Plate or Cinnamon Toast Sliced Apples
January 16 No School	January 17 Biscuit & Gravy or Cinnamon Toast Orange Smiles Milk	January 18 Breakfast Pizza or Assorted Cereal Bananas Milk	January 19 Ham and Cheese English Muffin Oatmeal w/ Toppings Craisins Milk	January 20 Breakfast Taco or Cinnamon Toast Sliced Apples Milk
January 23 Pancake Sausage Bites or Assorted Cereal Applesauce	January 24 Biscuit & Gravy or Cinnamon Toast Orange Smiles Milk	January 25 Breakfast Pizza or Assorted Cereal Bananas Milk	January 26 Ham & Cheese English Muffin or Oatmeal w/ Toppings Craisins	January 27 Breakfast Taco or Cinnamon Toast Sliced Apples Milk
January 30 Cinnamon Toast Crunch Breakfast Bar or Assorted Cereal Applesauce	January 31 Biscuit & Gravy or Cinnamon Roll Orange Smiles Milk			

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber