

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Turkey & Cheese Sandwich or
Cheese Pizza
~~~~~  
Roasted Corn  
Bananas

4

Ham and Cheese Sandwich or  
Spaghetti w/Meat Sauce  
~~~~~  
California Blend Vegetables
Applesauce

5

Popcorn Chicken or
Twister Dog
~~~~~  
Cooked Peas  
Oranges

6

Grilled Cheese (V) or  
Turkey and Cheese Sandwich  
~~~~~  
Sweet Potato Fries
Applesauce

Fresh Pick of the Month: Broccoli!

9

Crispy Chicken Sandwich or
All American Sandwich
~~~~~  
Green Beans  
Orange Smiles

10

Cheese Pizza (V) or  
Ham and Cheese Sandwich  
~~~~~  
Roasted Broccoli
Bananas

11

Chicken Nuggets or
Fruit and Yogurt Parfait
~~~~~  
Smiley Potatoes  
Applesauce

12

Cheese Quesadilla (V) or  
Turkey and Cheese Sandwich  
~~~~~  
Mexican Corn
Orange Smiles

13

Cheese Pizza (V) or
Ham and Cheese Sandwich
~~~~~  
Carrot Coins  
Applesauce

Seasonal fruit & vegetables offered daily on garden bar

16

No School

17

Popcorn Chicken or  
All American Sandwich  
~~~~~  
Baked Beans
Bananas

18

Italian Cheese Dippers w/ Marinara
Sauce (V) or
Ham and Cheese Sandwich
~~~~~  
California Blend Vegetables  
Applesauce

19

Turkey & Cheese Sandwich or  
Corn dog  
~~~~~  
Roasted Mixed Vegetables
Orange Smiles

20

Pepperoni Pizza or
Ham and Cheese Sandwich
~~~~~  
Roasted Carrots  
Applesauce

(V) denotes vegetarian friendly item

23

BBQ Chicken Sandwich or  
Pizza Bento Box  
~~~~~  
Sweet Potato Fries
Orange Smiles

24

Cheese Pizza (V) or
All American Sandwich
~~~~~  
Peas & Carrots  
Bananas

25

Grilled Cheese Sandwich (V) or  
Turkey and Cheese Sandwich  
~~~~~  
Roasted Broccoli
Applesauce

26

Pepperoni Pizza or
Fruit and Yogurt Parfait
~~~~~  
Charro Beans  
Orange Smiles

27

Chicken Nuggets or  
Ham and Cheese Sandwich  
~~~~~  
Steamed Corn & Mashed Potatoes &
Gravy
Orange Smiles

Fat-free and low-fat milk offered daily

30

Sunbutter & Jelly or
Walking Nachos
~~~~~  
Carrot Coins  
Orange Smiles

31

Cheese Ravioli (V) or  
All American Sandwich  
~~~~~  
Roasted Broccoli
Bananas

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 Cereal or Muffin Juice Milk	January 4 Cereal or Breakfast Bar Juice Milk	January 5 Cereal or Muffin Juice Milk	January 6 Cereal or Breakfast Bar Juice Milk
January 9 Cereal or Muffin Juice Milk	January 10 Cereal or Breakfast Bar Juice Milk	January 11 Cereal or Poptart Juice Milk	January 12 Cereal or Muffin Juice Milk	January 13 Cereal or Mini Cinni Juice Milk
January 16 No School	January 17 Cereal or Muffin Juice Milk	January 18 Cereal or Breakfast Bar Juice Milk	January 19 Cereal or Muffin Juice Milk	January 20 Cereal or Mini Cinni Juice Milk
January 23 Cereal or Muffin Juice Milk	January 24 Cereal or Breakfast Bar Juice Milk	January 25 Cereal or Muffin Juice Milk	January 26 Cereal or Breakfast Bar Juice Milk	January 27 Cereal or Mini Cinni Juice Milk
January 30 Cereal or Muffin Juice Milk	January 31 Cereal or Breakfast Bar Juice 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