

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

Winter Break

3

Winter Break

4

Winter Break

5

Winter Break

Oranges are the fresh pick for January! Oranges are fat, sodium and cholesterol free and a great source of vitamin C!

7

Charbroiled Cheeseburger
Seasoned Carrots & Orange Smiles

8

Italian Dunkers
Mixed Vegetables, Diced Peaches

9

Crispy Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

10

Frito Chili Pie
Groovy Green Beans, Applesauce
Mini Rice Krispies Treat

11

Pepperoni Pizza
Western Baked Beans, Mixed Fruit

Local ingredients used when seasonally available

14

Nachos
Roasted Corn & Orange Smiles

15

Home-Run Hotdog
Groovy Green Beans, Diced Peaches

16

Chicken & Waffles
Emoji Potatoes & Sliced Apples

17

Steak Fingers with Dinner Roll
Whipped Potatoes & Gravy, Applesauce
Freshly Baked Cookie

18

Cheese Pizza (V)
Western Baked Beans, Mixed Fruit

Variety of fat free and low fat milk are offered daily

21

No School

22

Cheesy Chicken Spaghetti
Green Peas, Diced Peaches
Mini Rice Krispies Treat

23

Crispy Chicken Nuggets with Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

24

Corn Dog
Groovy Green Beans, Applesauce

25

Pepperoni Pizza
Mixed Garden Vegetables & Orange Smiles

(V) Denotes a vegetarian friendly item

28

Charbroiled Cheeseburger
Groovy Green Beans, Pineapple Tidbits

29

Beefy Nachos
Mixed Garden Vegetables, Diced Peaches
Freshly Baked Cookie

30

Creamy Macaroni & Cheese (V)
Emoji Potatoes & Sliced Apples

31

Goopy Grilled Cheese Sandwich (V)
Seasoned Carrots, Applesauce

freshpick
for better health



Lunch Prices: Paid: \$2.70 Reduced: \$0.40 District Adult:\$3.35 Adult:\$4.00

This institution is an equal opportunity provider.

Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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 7 Cold Cereal Milk Juice	January 8 Cold Cereal Milk Juice	January 9 Cold Cereal Milk Juice	January 10 Cold Cereal Milk Juice	January 11 Cold Cereal Milk Juice
January 14 Cold Cereal Milk Juice	January 15 Cold Cereal Milk Juice	January 16 Cold Cereal Milk Juice	January 17 Cold Cereal Milk Juice	January 18 Cold Cereal Milk Juice
January 21 No School	January 22 Cold Cereal Milk Juice	January 23 Cold Cereal Milk Juice	January 24 Cold Cereal Milk Juice	January 25 Cold Cereal Milk Juice
January 28 Cold Cereal Milk Juice	January 29 Cold Cereal Milk Juice	January 30 Cold Cereal Milk Juice	January 31 Cold Cereal Milk Juice	

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

