

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**

**Breakfast:**  
Waffle Bites (v)

**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Ham & Cheese Sandwich  
Chef Salad (v)

**4**

**Breakfast:**  
Apple Frudel (v)

**Lunch:**  
Cheese Pizza (v)  
Chefs choice salad (v)  
Turkey Sandwich

**5**

**Breakfast:**  
Bagel w/Cream Cheese

**Lunch:**  
Chicken Nuggets w/Roll  
Sunbutter & Jelly Sandwich (v)  
Chef Salad with WG Rolls

**6**

**Breakfast:**  
Assorted Muffin (v)

**Lunch:**  
Chicken Burger w/Fries  
Ham sandwich  
Garden Salad with WG Roll (v)

**7**

**Chefs Choice**

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

**10**

**Breakfast:**  
Waffles (v)

**Lunch:**  
Meatball Marinara Sub  
Chef Salad with WG Rolls  
Turkey Sandwich

**11**

**Breakfast:**  
Yogurt Cup w/Graham Cracker

**Lunch:**  
Taco Tuesday: Soft Taco  
Italian Sub  
Garden Salad (v)

**12**

**Breakfast:**  
Bagel w/Cream Cheese

**Lunch:**  
Hot Dog w/Fries  
Sunbutter & Jelly Sandwich (v)  
Chef Salad

**13**

**Breakfast:**  
Chefs Choice

**Lunch:**  
Pizza (v)  
Crispy Chicken Wrap  
Garden Salad

**14**

**Chefs Choice**

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

**17**

**No School**

**18**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Chicken Burger w/Fries  
Sunbutter and Jelly Sandwich (v)  
Chef Salad with WG Rolls

**19**

**Breakfast:**  
Chefs Choice

**Lunch:**  
Bean and Cheese Nachos  
Turkey & Cheese Sandwich  
Chef Salad with WG Rolls

**20**

**Breakfast:**  
Yogurt Cup w/Graham Cracker

**Lunch:**  
Popcorn Chicken Potato Bowl with WG Roll  
American Sandwich  
Garden Salad(v)

**21**

**Chefs Choice**

**24**

**Chefs Choice**

**25**

**Breakfast:**  
Chefs Choice

**Lunch:**  
Taco Tuesday: Soft Taco  
Sunbutter & Jelly Sandwich (v)  
Chef Salad with WG Rolls

**26**

**Breakfast:**  
Chefs Choice

**Lunch:**  
Baked Corn Dog  
Ham & Cheese Sandwich  
Garden Salad(v)

**27**

**Breakfast:**  
Bagel w/Cream Cheese

**Lunch:**  
Spaghetti Pasta with Plant-Based Sauce (v)  
Chicken Caesar Salad with WG Rolls  
Turkey & Cheese Sandwich

**28**


**No School**

**31**

**Chefs Choice**

Our bodies and minds both need oxygen.

Pay attention to your breathing. Pay attention to your breathing.



Practice taking long, deep breaths to stay focused and calm.

You can care for yourself by:



STAYING HYDRATED BY DRINKING LOTS OF WATER

and eating water-rich foods like oranges and grapefruits.

**RING in THE NEW YEAR with PEARS!**



**Happy New Year**



(v) = meatless option



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

## Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## Fresh Pick Recipe

### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.



### SCHOOL MEAL PRICES:

**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00**

**All meals for the 2021-2022 school year are FREE for all students!**

Nutrition Information is available upon request.