

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
No School	No School	Chefs Choice	Chefs Choice	Chefs Choice

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

9	10	11	12	13
Breakfast: Breakfast Round (v) Lunch: Bean and Cheese Burrito (v) Chicken Nugget w/Roll Turkey Sandwich	Breakfast: Maple Mini Waffles (v) Lunch: Chicken Alfredo Pasta Cheese Pizza Sunbutter and Jelly Sandwich (v)	Breakfast: Bagel Lunch: Corn Dog Pretzel with Cheese Sauce (v) Turkey & Cheese Sandwich	Breakfast: Fruit & Yogurt Parfait (v) Lunch: Bean and Cheese Burrito Pepperoni Pizza American Sandwich	Breakfast: Assorted Muffin (v) Lunch: Hamburger/Cheeseburger Fish & Chips Ham & Cheese Sandwich

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

16	17	18	19	20
No School	Breakfast: Breakfast Round (v) Lunch: Chicken Enchiladas Pepperoni Pizza Sunbutter & Jelly Sandwich (v)	Breakfast: French Toast Lunch: Popcorn Chicken Hot Dog Ham & Cheese Sandwich	Breakfast: Chefs Choice Lunch: Homemade Chili Cheese Pizza Turkey & Cheese Sandwich	Breakfast: WG Cinnamon Roll (v) Lunch: Chicken & Waffles Grilled Cheese Sandwich (v) Crispy Chicken Wrap

23	24	25	26	27
Chefs Choice	Breakfast: Pancake Sausage on a Stick Lunch: Corn Dog Cheese Pizza Ham Sandwich	Breakfast: Breakfast Pizza Lunch: Bean and Cheese Nachos (v) Chicken Sandwich Italian Sub	Breakfast: Waffles (v) Lunch: Pepperoni Pizza Chicken Nuggets with WG Roll American Sandwich	Breakfast: Assorted Muffin Lunch: Hamburger/Cheeseburger Sloppy Joes Sunbutter and Jelly Sandwich (v)

30	31			
Breakfast: Pancake on a Stick Lunch: Cheesy Breadsticks with Marinara (v) Baked Corn Dog Ham & Cheese Sandwich	Breakfast: Pancake Bites (v) Lunch: Orange Chicken w/Rice Hamburger or Cheeseburger Ham Sandwich			

(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.liftoffspayground.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

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.



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: ES \$X.XX MS: \$X.XX HS: \$X.XX

LUNCH:

PAID: ES: \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.