

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WASH YOUR HANDS 2

3

Breakfast:
Turkey Sausage Breakfast Pizza
Lunch:
Taco Tuesday: Turkey Soft Taco

4

Breakfast:
Breakfast Bowl with Toast
Lunch:
Sunbutter & Jelly Sandwich (v)

5

Breakfast:
Waffles with fruit (v)
Lunch:
Golden Chicken Nuggets with WG Roll

6

Breakfast:
Egg & Cheese Breakfast Sandwich (v)
Lunch:
Homemade Cheese Pizza (v)

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

9

Yogurt with Graham Cracker (v)
Lunch:
Hamburger or Cheeseburger
Veggie Burger (v)

10

Breakfast:
Maple Mini Waffles (v)
Lunch:
Chicken Burger

11

Breakfast:
Ham & Cheese Breakfast Sandwich
Lunch:
Hot Pretzel with Cheese Sauce (v)

12

Breakfast:
Fruit & Yogurt Parfait with Graham Cracker (v)
Lunch:
Turkey Gravy over Mashed Potatoes and WG Rolls

13

Breakfast:
Poppin' Pancake Bites with Cinnamon & Sugar (v)
Lunch:
Homemade Cheese Pizza (v)

Cookie Day!! (Locally Made)

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



17

Breakfast:
French Toast Sticks (v)
Lunch:
Taco Tuesday: Turkey Soft Taco

18

Breakfast:
Breakfast Bowl with Toast
Lunch:
Popcorn Chicken Potato Bowl with WG Roll

19

Breakfast:
Homemade Breakfast Burrito
Lunch:
Chicken Burger

20

Breakfast:
Oatmeal (v)
Lunch:
Homemade Cheese Pizza (v)

23

Breakfast:
Maple Mini Waffles (v)
Lunch:
Turkey & Cheese Sandwich

24

Breakfast:
Pancake Sausage on a Stick
Lunch:
Chicken Burger

25

Breakfast:
Egg & Cheese Breakfast Sandwich (v)
Lunch:
Bean and Cheese Burrito (v)

26

Breakfast:
Pancakes with Jelly (v)
Lunch:
Golden Chicken Nuggets with WG Roll

27

Breakfast:
Yogurt with Graham Cracker (v)
Lunch:
Homemade Cheese Pizza (v)

Our ham, sausage and hot dogs are turkey products! *Pepperoni is a pork product.

30

Breakfast:
Egg & Cheese Quesadilla (v)
Lunch:
Hot Cheesy Breadsticks with Marinara (v)

31

Breakfast:
Poppin' Pancake Bites with Cinnamon & Sugar (v)
Lunch:
Hamburger or Cheeseburger
Veggie Burger (v)

So Happy
Sodexo's menu app with nutrition and allergen information!

Scan to download the So Happy app from the App Store.

Scan to download the So Happy app from the Google Play Store.

(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.liftoffsplyground.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.