

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



1% unflavored and fat free chocolate milk offered with each meal

8

Pop Tart
PB and J Uncrustable (v)

9

Pop Tart
Green Chile Cheese Tamale (v)

10

Mini Donuts
Mozzarella Stuffed Sticks (v)

11

Benefit Bar
BBQ Pork Rib Sandwich

12

Mini Apple Bites
Galaxy Cheese (v) Pizza

You must select at least 1/2 cup fruit with breakfast and fruit or vegetable with lunch, you may select more.



16

Yogurt & Cinnamon Bug Bites
Mozzarella Stuffed Breadsticks (v)

17

Cinnamon Bun
Chicken Corn Dog

18

Concha
Turkey Hot Dog

19

Blueberry Muffin & String Cheese
French Bread Cheese (v) Pizza

All meals are offered at NO COST to EVERY student

22

Sun Butter & Graham Crackers
Cheesy Alfredo Pasta (v)

23

Bagel & Cream Cheese
Crispy Chicken Sandwich

24

Mini Donuts
Chicken Nuggets

25

Benefit Bar
Breaded Chicken Drumstick w/ Biscuit

26

Pop Tart
Galaxy Pepperoni Pizza

Limit ONE breakfast and ONE lunch per student per day, please.

29

Concha
Coyote Grill Quesadilla (v)

30

Yogurt & Cinnamon Bug Bites
Teriyaki Beef Dippers & Brown Rice

31

Cinnamon Bun
Cheeseburger

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!

We are still experiencing supply chain issues. Menu is subject to change.

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

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.