

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Pop Tart

Mozzarella Stuffed Breadsticks (v)

3

Cinnamon Bun

Popcorn Chicken & Breadstick

4

Yogurt & Bug Bites

Coyote Grill Quesadilla (v)

5

Concha

Galaxy Cheese Pizza (v)

6

Apple Cinnamon Muffin & String Cheese

Bean & Cheese Burrito (v)

1% unflavored and fat free chocolate milk offered at every meal

9

Bagel & Cream Cheese

Cheesy Italian Pull Apart (v)

10

Banana Bread

BBQ Beef Riblet on a Bun with Tater Tots

11

Benefit Bar

Crispy Chicken Sandwich

12

Blueberry Muffin w/Grahams

Galaxy Cheese Pizza (v)

13

Powdered Mini WG Donuts

Teriyaki Dippers & Brown Rice

You must select 1/2 cup fruit or vegetables with lunch, 1/2 cup with breakfast. You may select more

16

Cinnamon Bun

Mozzarella Quesadilla (v)

17

Concha

Corn Dog

18

Ultimate Breakfast Round

Cheeseburger

19

Bagel w/Cream Cheese

Cheesy French Bread Pizza (v)

20

WINTER BREAK

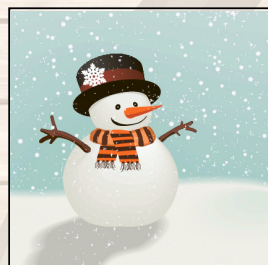
NO SCHOOL

All meals are offered at NO COST to all students.



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WINTER BREAK

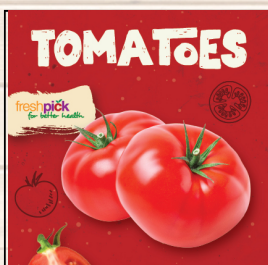


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HAVE FUN!



Limit of one breakfast and one lunch per student per day, please.



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!

SEE YOU NEXT YEAR!



Supporting Achievement

Students achieve their best when they are attentive and ready to learn. 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 consuming 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. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

BREAKFAST

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.