

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

1. Macaroni & Cheese with Dinner Roll
2. Hot Dog on Bun
3. Turkey & Cheese Sub

Sauteed Spinach

**4**

1. Bacon Cheeseburger
2. Fish Sticks & Chips
3. Turkey & Cheese Sub

Baked French Fries

**5**

1. Baked Chicken with Rice
2. Pulled BBQ Sandwich
3. Turkey & Cheese Sub

Ginger Glazed Carrots

**6**

1. Chicken Patty Sandwich
2. Grilled Cheese Sandwich
3. Turkey & Cheese Sub

Roasted Chickpeas

**7**

1. Cheese or Pepperoni Pizza
2. Chicken Cheese Steak
3. Turkey & Cheese Sub

Steamed Green Beans

**10**

1. Grilled Cheese Sandwich
2. Meatball Parm Sub
3. Ham & Cheese Sandwich

Green Beans

**11**

**Breakfast for Lunch:**

1. Pancakes with Sausage
2. Chicken Patty Sandwich
3. Ham & Cheese Sandwich

Tater Tots

**12**

1. Sweet & Sour Chicken with Rice
2. Hot Dog on Bun
3. Ham & Cheese Sandwich

Roasted Broccoli

**13**

1. Loaded Baked Potato w/Broccoli & Cheese with Buttermilk Biscuit
2. Cheeseburger on Bun
3. Ham & Cheese Sandwich

Broccoli

**14**

1. Cheese or Pepperoni Pizza
2. Chicken Nuggets with Roll
3. Ham & Cheese Sandwich

Sweet Potato Fries



**MARTIN LUTHER KING DAY**

**18**

1. Boneless Chicken Bites with Soft Pretzel
2. Fish Sticks & Chips
3. Chicken Salad Sandwich

Seasoned Green Beans

**19**

1. Baked Ziti with Garlic Breadstick
2. Chicken Patty Sandwich
3. Chicken Salad Sandwich

Sautéed Spinach

**20**

1. Popcorn Chicken Bowl with Dinner Roll
2. Grilled Cheese Sandwich
3. Chicken Salad Sandwich

Mashed Potatoes & Corn

**21**

1. Cheese or Pepperoni Pizza
2. Chicken Fajitas with Toppings
3. Chicken Salad Sandwich

Roasted Carrot Sticks

**24**

1. Oven Fried Chicken with Buttermilk Biscuit
2. Build a Burger Bar with Lettuce & Tomato
3. Chef Salad with Flatbread

Roasted Broccoli

**25**

1. Twin Tacos with Meat, Cheese, Lettuce & Tomato
2. Chicken Alfredo Mac with Warm Breadstick
3. Chicken Salad Sandwich

Steamed Corn

**26**

1. Hot Dog on Bun
2. Chicken Nuggets with Roll
3. Chicken Salad Sandwich

Homestyle Baked Beans

**27**

1. Penne Pasta with Meat Sauce
2. Chicken Patty Sandwich
3. Chicken Salad Sandwich

Parmesan Green Beans

**28**

1. Cheese or Pepperoni Pizza
2. Grilled Cheese Sandwich
3. Chicken Salad Sandwich

Sweet Potato Fries

**31**

1. Grilled Cheese Sandwich with Tomato Soup
2. Cheese Quesadilla with Salsa
3. Italian Sub

Steamed Broccoli



All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)

MENU SUBJECT TO CHANGE

MENU SUBJECT TO CHANGE



## 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](http://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

### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber

## 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!



Nutrition Information is available upon request.