

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Macaroni & Cheese with Dinner Roll
Cheese Pizza
Turkey & Cheese Sub

Sautéed Spinach

4

Cheeseburger on a Bun
Cheese Pizza
Turkey & Cheese Sub

Baked French Fries

5

Loaded Nachos with Rice
Cheese Pizza
Turkey & Cheese Sub

Ginger Glazed Carrots

6

Pancakes with Sausage
Cheese Pizza
Turkey & Cheese Sub

Roasted Chickpeas

7

Grilled Cheese Sandwich
Pepperoni Pizza
Turkey & Cheese Sub

Steamed Green Beans

10

Meatball Parm. Sub
Cheese Pizza
Ham & Cheese Sub

Green Beans

11

Chicken Patty Sandwich
Cheese Pizza
Ham & Cheese Sub

Cinnamon Sweet Potatoes

12

Pulled BBQ Chicken On Bun
Cheese Pizza
Ham & Cheese Sub

Tater Tots

13

Loaded Baked Potato with Broccoli & Cheese
with Buttermilk Biscuit
Cheese Pizza
Ham & Cheese Sub

Broccoli

14

Chicken Nuggets with Roll
Pepperoni Pizza
Ham & Cheese Sub

refried Beans



18

Cheese Quesadilla with Salsa
Cheese Pizza
Ham & Cheese Sandwich

Seasoned Green Beans

19

Baked Ziti
with Garlic Breadstick
Cheese Pizza
Ham & Cheese Sandwich

Sautéed Spinach

20

Corn Dog
Cheese Pizza
Ham & Cheese Sandwich

Mashed Potatoes & Corn

21

Chicken Fajitas with Toppings
Pepperoni Pizza
Ham & Cheese Sandwich

Carrot Sticks

24

Build a Burger Bar
w/lettuce & Tomato
Cheese Pizza
Chef Salad with Flatbread

Roasted Broccoli

25

Chicken Alfredo Mac
with Warm Breadstick
Cheese Pizza
Chef Salad with Flatbread

Steamed Corn

26

Chicken Tenders with Roll
Cheese Pizza
Chef Salad with Flatbread

Homestyle Baked Beans

27

Penne Pasta
with Meat Sauce
Cheese Pizza
Chef's Salad with Flatbread

Parmesan Green Beans

28

Grilled Cheese Sandwich
Sausage Pizza
Chef Salad with Flatbread

Sweet Potato Fries

31

Cheese Quesadilla with Salsa
Cheese Pizza
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

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

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

WASH YOUR
HANDS



Nutrition Information is available upon request.