

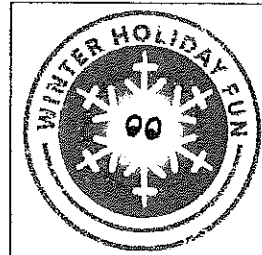



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 NO SCHOOL	5 Cheeseburger w/ Fries Hot Dog w/ Chips w/ Chips Fruit, Veggie & Milk	6 Nacho's Chicken Nuggets w/ Tots & Roll Fruit, Veggie & Milk	7 Chicken Quesadilla Cheese Pizza Fruit, Veggie & Milk
10 Chicken & Waffles Hot Dog w/ Chips Fruit, Veggie & Milk	11 BBQ Pulled Pork w/ Chips Pasta Bowl w/ Meatballs & Garlic Knot Fruit, Veggie & Milk	12 Corn Dog w/ Tots Turkey Sub w/ Chips Fruit, Veggie & Milk	13 Orange Chicken w/ Rice or Noodles Cheese Pizza Fruit, Veggie & Milk	14 Walking Taco's French Toast & Ham Fruit, Veggie & Milk
17 NO SCHOOL	18 Meatball Sub w/ Fries Chicken Alfredo w/ Breadstick Fruit, Veggie & Milk	19 Chicken Nuggets, Tots & Roll Italian Sub w/ Chips Fruit, Veggie & Milk	20 Popcorn Chicken Bowl w/ Roll Mozzarella Stuffed Breadstick w/ Marinara Sauce Fruit, Veggie & Milk	21 Mac. & Cheese w/ Breadstick BBQ Chicken Sub w/ Chips Fruit, Veggie & Milk
24 Crispy Chicken w/ Fries Turkey & Ham Sub w/ Chips Fruit, Veggie & Milk	25 Chili Frito Pie Omelet & French Toast Fruit, Veggie & Milk	26 Hot Dog w/ Chips Cheeseburger w/ Fries Fruit, Veggie & Milk	27 Nacho's Chicken Nuggets w/ Tots & Roll Fruit, Veggie & Milk	28 Chicken Quesadilla Cheese Pizza Fruit, Veggie & Milk
31 Chicken & Waffles Hot Dog w/ Chips Fruit, Veggie & Milk				

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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-3-22 NO SCHOOL	1-4-22 NO SCHOOL	1-5-22 Muffin w/ Cr Cheese ✓ French toast Sticks Cereal w/ Ch Stick Juice, Fruit, & Milk	1-6-22 Breakfast UBR Cookies ✓ Donuts w/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, & Milk	1-7-22 Breakfast Burrito Cereal w/ Ch. Stick Pancake w/ Syrup ✓ Juice, Fruit, & Milk
1-10-22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick ✓ Fruit, Juice & Milk	1-11-22 Bacon & Egg Biscuit ✓ Bagel w/ Cr. Cheese Cereal w/ Ch. Stick Juice, Fruit, & Milk	1-12-22 Cereal w/ Cheese Stick French Toast w/ Syrup ✓ Muffin w/ Ch. Stick Juice, Fruit, & Milk	1-13-22 Breakfast UBR Cookie ✓ Cereal w/ Cheese Stick Muffin w/ Cheese Stick Juice, Fruit & Milk	1-14-22 Breakfast Burrito Cereal w/ Ch. Stick Waffles w/ Syrup ✓ Fruit, Juice & Milk
1-17-22 NO SCHOOL	1-18-22 Bacon & Egg Biscuit ✓ Bagel w/ Cr. Cheese Cereal w/ Ch Stick Juice, Fruit, & Milk	1-19-22 Cereal w/ Ch Stick French Toast w/ Syrup ✓ Muffin w/ Ch. Stick Juice, Fruit, & Milk	1-20-22 Breakfast UBR Bar Cereal w/ Ch Stick Donuts w/ Ch Stick ✓ Juice, Fruit, & Milk	1-21-22 Breakfast Burrito Cereal w/ Ch. Stick Pancakes w/ Syrup ✓ Fruit, Juice & Milk
1-24-22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick ✓ Juice, Fruit, & Milk	1-25-22 Bacon Egg Biscuit ✓ Bagel w/ Cr. Cheese Cereal w/ Ch Stick Juice, Fruit, & Milk	1-26-22 French toast w/ Syrup ✓ Muffin w/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, Milk	1-27-22 Breakfast UBR Bar ✓ Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	1-28-22 Breakfast Burrito Cereal w/ Ch Stick Waffles w/ Syrup ✓ Juice, Fruit, & Milk
1-31-22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick ✓ Juice, Fruit, & Milk				

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ½ 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.