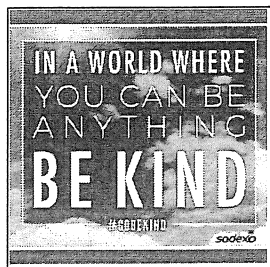
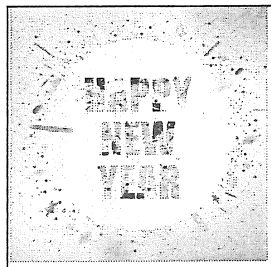


MONDAY



TUESDAY



WEDNESDAY

4

Corn Dog
BBQ Baked Beans
American Combo Sub Sandwich
Fruit, Veggie & Milk

THURSDAY

5

Chicken Tenders w/ Biscuit
Green Beans
Combo Bento Box
Fruit, Veggie & Milk

FRIDAY

6

Cheeseburger
French Fries
American Combo Sub Sandwich
Fruit, Veggie & milk

Daily offerings of fresh fruit and vegetables from our salad bar

9

Cheese Pizza
Pepperoni Pizza
Peas
Italian Sub
Fruit, Veggie & Milk

10

Beef & Cheese Nachos
Refried Beans
Pretzel w/ Cheese Sauce
Fruit, Veggie & Milk

11

Chili Beans
Cinnamon Roll
Corn
Italian Sub
Fruit, Veggie & Milk

12

Hot Dog
Sweet Potato Fries
Pretzel w/ Cheese Sauce
Fruit, Veggie & Milk

13

Crispy Chicken Sand.
French Fries
Italian Sub
Fruit, Veggie & Milk

16

NO SCHOOL

17

BBQ Pulled Pork Sand.
French Fries
Pizza Bento box
Fruit, Veggie & Milk

18

LUCKY TRAY DAY!
Macaroni and cheese
Roll
Peas
Turkey and cheese Sandwich
Fruit, veggie, and Milk

19

Mozzarella Breadstick
Marinara Sauce
Roasted Broccoli & Carrots
Pizza Bento Box
Fruit, Veggie & Milk

20

Chicken & Waffles
Tater Tots
Turkey & Cheese Sandwich
Fruit, Veggie & Milk

Come eat with us on Lucky Tray day, one student from each grade will have the opportunity to win a prize

23

Cheese Pizza
Pepperoni Pizza
Corn
Turkey and cheese wrap
Fruit, Veggie & Milk

24

Omelet w/ French Toast
Tater Tots
Fruit and Yo to Go box
Fruit, Veggie & Milk

25

Chicken Drumstick
w/ Mashed Potato
Biscuit
Turkey and Cheese Wrap
Fruit, Veggie & Milk

26

Orange Chicken
Rice
Roasted Broccoli & Carrots
Fruit & Yo To Go Box
Fruit, Veggie & Milk

27

Pasta With Meatballs
Sweet Potato Fries
Turkey Sandwich
Fruit, Veggie & Milk
Birthday Month Sweet Treat!

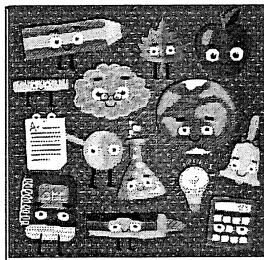
Every Month we will celebrate all birthdays for the month with a sweet treat!

30

Cheese Pizza
Pepperoni Pizza
Roasted Cauliflower
American Combo Sandwich
Fruit, Veggie & Milk

31

Soft Chicken Taco
Black Beans
Crispy Chicken Salad
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.

liftoffsplayground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | 1/4/23 Chocolate Donuts Uber Cookie Juice, Fruit & Milk | 1/5/23 Blueberry Muffin Pop Tart Juice, Fruit & Milk | 1/6/23 Waffles Cereal Juice, Fruit & Milk |
| 1/9/23 French Toast Cereal Juice, Fruit & Milk | 1/10/23 Biscuit & Jelly Pop Tart Juice, Fruit & Milk | 1/11/23 Breakfast Pizza Chocolate Donuts Juice, Fruit & Milk | 1/12/23 Blueberry Muffin Pop Tart Juice, Fruit & Milk | 1/13/23 Strawberry Cream Cheese Bagel Cereal Juice, Fruit & Milk |
| 1/16/23 NO SCHOOL | 1/17/23 Breakfast Sandwich Pop Tart Juice, Fruit & Milk | 1/18/23 Breakfast Oatmeal Round Chocolate Donuts Juice, Fruit & Milk | 1/19/23 Pancake Sausage on a Stick Pop Tart Juice, Fruit & Milk | 1/20/23 Mini Cinnamon rolls Cereal Juice, Fruit & Milk |
| 1/23/23 French Toast Cereal Juice, Fruit & Milk | 1/24/23 Pancake Pop Tart Juice, Fruit & Milk | 1/25/23 Breakfast Pizza Chocolate Donut Juice, Fruit & Milk | 1/26/23 Biscuit and gravy Poptart Juice, Fruit & Milk | 1/27/23 Homemade muffin Cereal Juice, Fruit & Milk |
| 1/30/23 Apple Frudel Cereal Juice, Fruit & Milk | 1/31/23 Waffle PopTart Juice, Fruit & Milk | | | |

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.