

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



4  
Corn Dog  
BBQ Baked Beans  
American Combo Sub Sandwich  
Fruit, Veggie & Milk

5  
Chicken Tenders w/ Biscuit  
Green Beans  
Combo Bento Box  
Fruit, Veggie & Milk

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

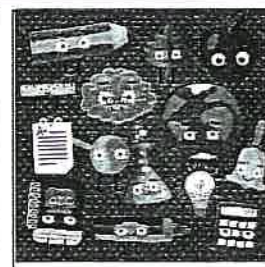
26  
Orange Chicken  
Rice  
Roasted Broccoli & Carrots  
Fruit & Yo To Go Box  
Fruit, Veggie & Milk

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.

liftoffsplyground.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.