

MONDAY



TUESDAY

2
NO SCHOOL

WEDNESDAY

3
*Hamburger/Cheeseburger
*Corn Dog/Fries
Veggie
Fruit
Milk

THURSDAY

4
*Creamy Mac & Cheese
*Crispy Chicken
Burger/Chips
Veggie
Fruit
Milk

FRIDAY

5
*Cheese Pizza
*Turkey Sandwich/Chips
Veggie
Fruit
Milk

8
*Crispy Chicken
Nuggets
*Bean & Cheese
Burrito
Chips
Veggie
Fruit
Milk

9
*Pancakes & Egg
Patty
*Soft Taco
Tots
Veggie
Fruit
Milk

10
*Texas Chili w/
Tortilla Chips
*Chef Salad w/
Crackers
Veggie
Fruit
Milk

11
*Italian Dunkers
w/Marinara
*Corn Dog
Crackers
Veggie
Fruit
Milk

12
*Pepperoni Pizza
*Chicken Caesar
Salad/Crackers
Veggie
Fruit
Milk

15
NO SCHOOL
ML KING DAY

16
*Chicken Alfredo
Pasta & Roll
*PB&J/Crackers
Veggie
Fruit
Milk

17
*Soft Pretzel &
Cheese
*Chef Salad
Crackers
Veggie
Fruit
Milk

18
*Turkey, Mashed Potatoes,
Gravy & Roll
*Corn Dog/Chips
Veggie
Fruit
Milk

19
*Cheese Pizza
*Ham & Cheese
Sandwich/Chips
Veggie
Fruit
Milk

22
NO SCHOOL
TEACHER WORKDAY

23
*Drumstick
*Taco
Fries
Veggie
Fruit
Milk

24
*Chili w/Tortilla Chips
*Hot Dog/Chips
Veggie
Fruit
Milk

25
*Spaghetti w/Meat
Sauce & Roll
*Chicken Caesar
Salad/Roll
Veggie
Fruit
Milk

26
*Pepperoni Pizza
*Crispy Chicken Wrap
Sweet Fries
Veggie
Fruit
Milk

29
*Teriyaki Rice Bowl
*Turkey, Cheese
Sandwich/Chips
Veggie
Fruit
Milk

30
*Crispy Chicken
Burger
*Hot Dog
Fries
Veggie
Fruit
Milk

31
*Beef Nachos
*Italian Sub
Chips
Veggie
Fruit
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
		*Bagler *Cereal & Toast Fruit Milk	*Muffin *Cereal & Toast Fruit Milk	*Yogurt *Cereal & Toast Fruit Milk
*Waffles *Cereal & Toast Fruit Milk	*Breakfast Pizza *Cereal & Toast Fruit Milk	*Muffin *Cereal & Toast Fruit Milk	*Oatmeal Bar *Cereal & Toast Fruit Milk	*Cinnamon Roll *Cereal & Toast Fruit Milk
NO SCHOOL	*Waffles *Cereal & Toast Fruit Milk	*Donut *Cereal & Toast Fruit Milk	*Yogurt & Grahams *Cereal & Toast Fruit Milk	*Muffin *Cereal & Toast Fruit Milk
NO SCHOOL	*Oatmeal Bar *Cereal & Toast Fruit Milk	*Pancakes *Cereal & Toast Fruit Milk	*Breakfast Pizza *Cereal & Toast Fruit Milk	*Cinnamon Roll Cereal & Toast Fruit Milk

*Pancake Stick
*Cereal & Toast
Fruit
Milk

*Fruitel
*Cereal & Toast
Fruit
Milk

*Bagler
*Cereal & Toast
Fruit
Milk

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

freshpick
for better health
in schools



Meal Prices for December 19 Days Month Totals

Full Pay Breakfast \$24.70 Reduced Pay Breakfast \$5.70
Full Pay Lunch \$36.10 Reduced Pay Lunch \$7.60