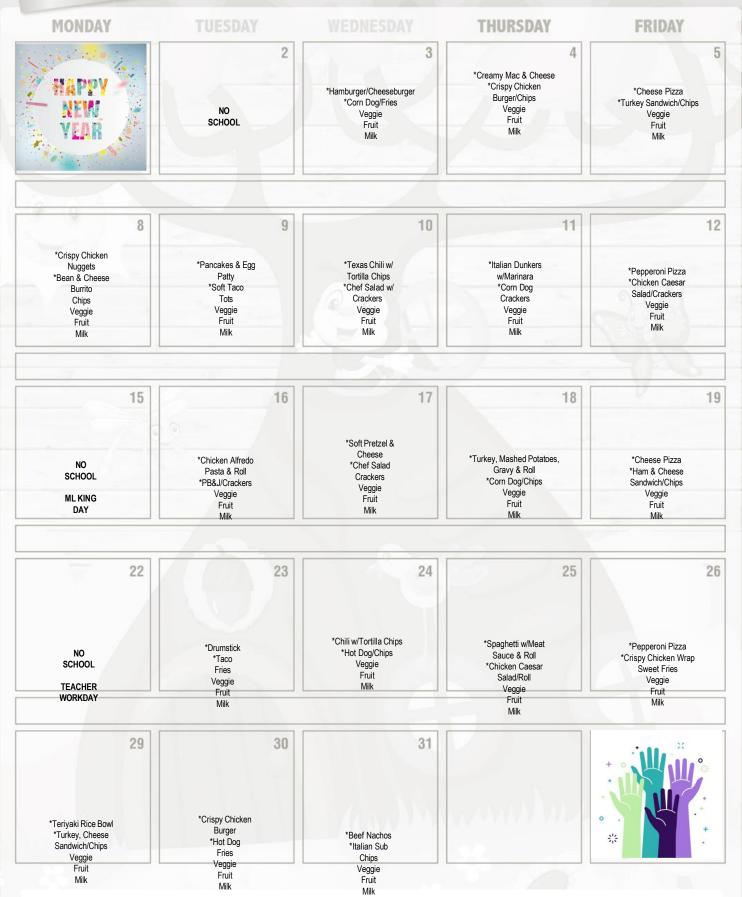


Elementary Breakfast & Lunch R 2024





This institution is an equal opportunity provider.

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.



odexo 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

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.

*Pancake Stick *Frudel *Bagler

*Cereal & Toast *Cereal & Toast Fruit Fruit Fruit Milk Milk Milk





Meal Prices for December 19 Days Month Totals

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