

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
<p>Available Every Day Chicken Nuggets Uncrustables PB&J</p>	Chicken Cheese Steak Cheesy Hot Dogs Italian Sub Grilled Chicken Salad w/Roll Pretzel Boat Smile Fries Romaine Tossed Salad Fresh Fruit & Fruit Cup	Pasta Bar w/Dinner Roll Chicken Parm. Sandwich Italian Sub Grilled Chicken Salad w/Roll Pretzel Boat Steamed Broccoli Fresh Fruit & Fruit Cup	Tacos Chicken Fajita Italian Sub Grilled Chicken Salad w/Roll Pretzel Boat Seasoned Rice Three Bean Salad Romaine Tossed Salad Fresh Fruit & Fruit Cup	Dominos Pizza Grilled Cheese w/Tomato Soup Italian Sub Grilled Chicken Salad w/Roll Pretzel Boat Romaine Tossed Salad Fresh Fruit & Fruit Cup

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

8	9	10	11	12
Hot Ham & Cheese Sub Pizza Burger or Cheese Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Yogurt Boat Romaine Tossed Salad Fresh Fruit & Fruit Cup	Hot Turkey Sub Hot Dog Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Yogurt Boat French Fries Romaine Tossed Salad Fresh Fruit & Fruit Cup	Pasta w/Meat Sauce & Dinner Roll Chicken Patty Sandwich Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Yogurt Boat Broccoli Bites Romaine Tossed Salad Fresh Fruit & Fruit Cup	Nachos Supreme BBQ Pulled Pork sliders Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Yogurt Boat Seasoned Rice Romaine Tossed Salad Fresh Fruit & Fruit Cup	Dominos Pizza Hot Dogs PB&J Yogurt Boat Celery Sticks Romaine Tossed Salad Fresh Fruit & Fruit Cup

Menu subject to change

15	16	17	18	19
School Closed No Lunch	Popcorn Chicken Hot Dog w/Cheese Ham & Cheese Sandwich Turkey Club Salad w/Roll Bagel Boat French Fries Spinach Tossed Salad Fresh Fruit & Fruit Cup	Mac & Cheese w/ Dinner Roll Chicken Nuggets w/Dinner Roll Ham & Cheese Sandwich Turkey Club Salad w/Roll Bagel Boat Sautéed Spinach Fresh Fruit & Fruit Cup	Beef Tacos BBQ Pork Loaded Tator Tots Ham & Cheese Sandwich Turkey Club Salad w/Roll Bagel Boat Seasoned Rice Spinach Tossed Salad Fresh Fruit & Fruit Cup	Dominos Pizza Grilled Cheese w/ Tomato Soup Ham & Cheese Sandwich Turkey Club Salad w/Roll Bagel Boat Golden Corn Spinach Tossed Salad Fresh Fruit & Fruit Cup

22	23	24	25	26
Chicken Cheese Steak Cheese Burger Tuna Salad Sandwich Crispy Chicken Caesar Salad Cereal Boat Cinnamon Sweet Potatoes Romaine Tossed Salad Fresh Fruit & Fruit Cup	Roasted Turkey Sub Cheesy Hot Dogs Tuna Salad Sandwich Crispy Chicken Caesar Salad Cereal Boat Mashed Potatoes Romaine Tossed Salad Fresh Fruit & Fruit Cup	Alfredo Pasta w/Dinner Rolls Chicken Patty Tuna Salad Sandwich Crispy Chicken Caesar Salad Cereal Boat Broccoli Fresh Fruit & Fruit Cup	Walking Nachos w/Rice Hot Turkey Sandwich Tuna Salad Sandwich Crispy Chicken Caesar Salad Cereal Boat Seasoned Rice Romaine Tossed Salad Fresh Fruit & Fruit Cup	Dominos Pizza Fish Filet Sandwich w/Cheese Tuna Salad Sandwich Crispy Chicken Caesar Salad Cereal Boat Cucumber Slices Romaine Tossed Salad Fresh Fruit & Fruit Cup

29	30	31		
Chicken Quesadilla Cheese Burger Chicken Caesar Wrap Chef Salad w/Roll Cheese & Cracker Boat Cross Trax Sweet Potato Fries Spinach Tossed Salad Fresh Fruit & Fruit Cup	Grilled Ham & Cheese Spiral Dog Chicken Caesar Wrap Chef Salad w/Roll Cheese & Cracker Boat Spinach Tossed Salad Fresh Fruit & Fruit Cup	Baked Ziti w/Dinner Roll Chicken Patty Sandwich Chicken Caesar Wrap Chef Salad w/Roll Cheese & Cracker Boat Roasted Vegetables Fresh Fruit & Fruit Cup		

Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

All Breakfast come with Milk and Assorted Fruit

Regular Breakfast \$1.55
Reduced Breakfast .30
Free Breakfast is Free

MONDAY: Asst Cereal Bags

TUESDAY: Assorted Muffins- Blueberry, Banana or Choc Chip

WEDNESDAY: Assorted Crunch Mania

THURSDAY: Assorted Frudels

FRIDAY: Assorted Cereal Bar Bag

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.

