

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

CHICKEN NUGGETS OFFERED DAILY

**1**  
Pasta w/Meat Sauce & Breadstick  
Chicken Patty Sandwich  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Broccoli Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**2**  
Nachos Supreme  
Grilled Ham & Cheese  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Vegetarian Refried Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**3**  
Pizza  
Cheese or Pepperoni  
Fish & Chips w/Roll  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Steamed Green Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

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

**6**  
Pepperoni & Cheese Stuffed Sandwich  
Bacon Cheeseburger  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Slim Stix Sweet Potato Wedges  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**7**  
Chicken in a Basket w/Biscuit  
Hot Dog w/Cheese Sauce  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Potato Wedges  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**8**  
School Closed No Lunch

**9**  
School Closed No Lunch

**10**  
School Closed No Lunch

Menu subject to change.

**13**  
French Toast Sticks w/Sausage  
Cheese Burger Bar  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Cinnamon Sweet Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**14**  
Popcorn Chicken Stir Fry  
Cheesy Hot Dog  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Rice  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**15**  
Pasta w/Meatballs & Breadstick  
Chicken Patty  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Broccoli Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**16**  
Early Dismissal No Lunch

**17**  
Early Dismissal No Lunch

**20**  
Early Dismissal No Lunch

**21**  
Early Dismissal No Lunch

**22**  
Early Dismissal No Lunch

**23**  
Schools Closed

**24**  
Schools Closed

**27**  
Mozzarella Sticks w/Marinara Sauce  
Bacon Cheese burger  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**28**  
Chicken Tenders w/Breadstick  
Bacon Cheese Stuffed potato Skins w/Tortilla Chips  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Fries Wedges  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**29**  
Mac n Cheese w/ Dinner Roll  
Chicken Sandwich  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Steamed Broccoli  
Romaine Tossed  
Fresh Fruit & Fruit Cup

**30**  
Chicken & Waffles  
Beef Burrito  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Three Bean Salad  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup



## Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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](http://liftoffsplayground.com)

## BREAKFAST

All Breakfast Comes with Milk, Juice, Graham Crackers, Asst Fruit offered Daily

**MONDAY:** Asst Cereal

**TUESDAY:** Muffins

**WEDNESDAY:** Asst Cereal bags

**THURSDAY:** Frudels

**FRIDAY:** Strawberry Pop Tarts

Be sure to pre order breakfast.

## Fresh Pick Recipe

### CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
- 1 lb sausage, cooked and drained (optional)
- 1 tablespoon olive oil
- 1/2 cup onions, small dice
- 1/2 cup celery, sliced
- 1 medium apple, chopped
- 1 cup cranberries
- 1 teaspoon thyme
- 1 1/2 cups chicken broth
- salt and pepper, to taste

1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
3. Add apples and cranberries to the pan and sauté for 3 more minutes.
4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
5. Prepare all ingredients as directed and mix in a bowl.
6. With a slotted spoon, distribute the cranberry mixture on top.
7. Spoon enough of the broth onto the dish to moisten the cornbread.
8. Cover casserole dish and place in 350 degree oven for 30 minutes.