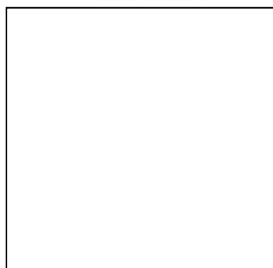


MONDAY



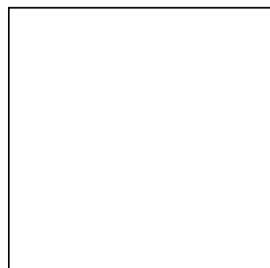
TUESDAY



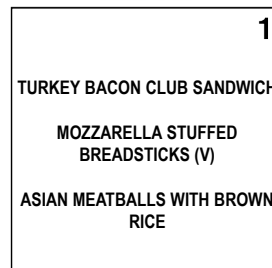
WEDNESDAY



THURSDAY



FRIDAY



Fat free chocolate or 1% unflavored milk offered daily.

4

SPAGHETTI WITH MARINARA & CHEESE (V)
CHIMI NADA (V)
PB&J SANDWICH (V)

5

CHICKEN & CHEESE QUESADILLA
PROTEIN PACK (V)
CRISPY CHICKEN SANDWICH

6

GRAB AND GO WEDNESDAY
CHICKEN TENDERS WITH A BISCUIT

7

GALAXY CHEESE PIZZA (V)
CHEESY CAESAR SALAD WITH DINNER ROLL (V)
CHICKEN DRUMSTICK WITH BISCUIT

8

BEAN & CHEESE BURRITO (V)
CHEESY PULL APART (V)
HOT HAM & CHEESE ON A BUN

You must select at least a 1/2 cup fruit or vegetable each meal.

11

ENCHIRITO (V)
CHEESY ALFREDO PASTA (V)
CHEESE SANDWICH (V)

12

FRENCH BREAD CHEESE PIZZA (V)
NITRATE FREE TURKEY DOG WITH SWEET POTATO FRIES
GRILLED CHEESE (V)

13

GRAB AND GO WEDNESDAY
CHICKEN CORN DOG

14

CHEESE LASAGNA ROLL UP (V)
TURKEY AND CHEDDAR CHEESE SANDWICH
GARDEN BURGER (V)

15

ALL BEEF CHEESEBURGER
MOZZARELLA STUFFED BREADSTICKS (V)
ASIAN MEATBALLS WITH BROWN RICE

All meals are offered at NO COST to ALL students.

18

SPAGHETTI W/MARINARA & CHEESE (V)
CHIMI NADA (V)
PB&J SANDWICH & STRING CHEESE (V)

19

CRISPY CHICKEN SANDWICH
CHICKEN AND CHEESE QUESADILLA
PROTEIN PACK (V)

20

GRAB AND GO WEDNESDAY
CHICKEN TENDERS

21

GALAXY CHEESE PIZZA (V)
CHEESY CAESAR SALAD WITH DINNER ROLL (V)
CHICKEN DRUMSTICK WITH BISCUIT

22

NO SCHOOL

Limit of one breakfast and lunch per day per student.



26

NO SCHOOL
WINTER BREAK



28

NO SCHOOL
WINTER BREAK



Menu is subject to change.

This institution is an equal opportunity provider.

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. 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 consuming 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. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CINNAMON BUN
WHEAT BAGEL WITH CREAM CHEESE	MINI CHOCOLATE LOAF WITH STRING CHEESE	MINI DONUTS	BENEFIT BAR	MINI MUFFIN AND GRAHAM CRACKERS
CONCHA	WG POP TART	ULTIMATE BREAKFAST ROUND	MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN
WHEAT BAGEL WITH CREAM CHEESE	MINI CHOCOLATE LOAF WITH STRING CHEESE	MINI DONUT	BENEFIT BAR	NO SCHOOL WINTER BREAK
NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more.
Cereal and Grahams or string cheese are offered for breakfast everyday.
Fat free chocolate milk and 1% unflavored milk are offered everyday.
All Meals are offered at NO COST to ALL students!
Limit one of each meal per day per student.
This institution is an equal opportunity provider

sodexo



Please look for these icons in your cafeteria.