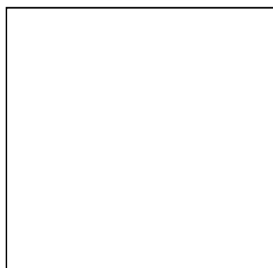


**MONDAY**



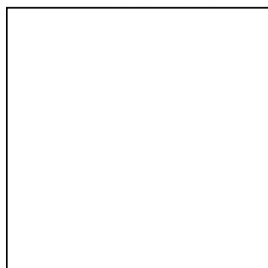
**TUESDAY**



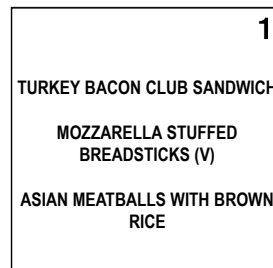
**WEDNESDAY**



**THURSDAY**



**FRIDAY**



Fat free chocolate or 1% unflavored milk offered daily.

**4**

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

**5**

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

**6**

BEEF TACOS  
CHICKEN TENDERS WITH A BISCUIT  
SOUTHWEST QUESO PULL APART BREAD (V)

**7**

BIG DADDY'S PEPPERONI PIZZA  
CHEESY CAESAR SALAD WITH DINNER ROLL (V)  
CHICKEN DRUMSTICK WITH BISCUIT

**8**

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

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

**11**

ENCHIRITO (V)  
CHEESY ALFREDO PASTA WITH DINNER ROLL (V)  
CHEESE SANDWICH (V)

**12**

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

**13**

CHICKEN CORN DOG  
CHEESY PULL APART BREAD (V)  
PHILLY STYLE CHEESESTEAK

**14**

CHEESE LASAGNA ROLLUP (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 WITH MARINARA AND CHEESE (V)  
CHIMI NADA  
PB&J SANDWICH

**19**

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

**20**

BEEF TACOS  
CHICKEN TENDERS WITH A BISCUIT  
SOUTHWEST QUESO PULL APART (V)

**21**

BIG DADDY'S PEPPERONI PIZZA  
CHEESY CAESAR SALAD WITH A DINNER ROLL (V)  
CHICKEN DRUMSTICK WITH BISCUIT

**22**

NO SCHOOL

Limit of one breakfast and lunch per day per student.



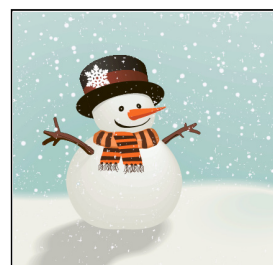
**26**

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.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CINNAMON BUN OR EGG & CHEESE ON ENGLISH MUFFIN
FRENCH TOAST STICKS OR WHEAT BAGEL WITH CREAM CHEESE	APPLE FRUDEL OR MINI CHOCOLATE LOAF WITH STRING CHEESE	SLICED LEMON BREAD OR MINI DONUTS	SAUSAGE BISCUIT WITH CHEDDAR OR BENEFIT BAR	EGG SAUSAGE AND CHEESE BREAKFAST WRAP OR MINI MUFFIN & GRAHAM
CONCHA OR MINI PANCAKE BITES	BREAKFAST PIZZA OR WG POP TART	PANCAKE ON A STICK OR ULTIMATE BREAKFAST ROUND	BELGIAN WAFFLE & SAUSAGE OR MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN OR EGG & CHEESE ON ENGLISH MUFFIN
FRENCH TOAST STICKS OR WHEAT BAGEL WITH CREAM CHEESE	APPLE FRUDEL OR MINI CHOCOLATE LOAF WITH STRING CHEESE	SLICED LEMON BREAD OR MINI DONUTS	SAUSAGE BISCUIT WITH CHEDDAR OR BENEFIT BAR	NO SCHOOL
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.