

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A  
1/2 CUP OF FRUIT OR VEGGIE!



freshpick  
for better health  
by sadexo



1

Turkey Bacon Club Sandwich  
Mozzarella Stuffed Breadsticks (v)  
Asian Meatballs with Brown Rice

Fat free chocolate or 1% unflavored milk offered daily.

4

Spaghetti with Marinara & Cheese (v)  
Chimi Nada (v)  
PB&J Sandwich w/String Cheese (v)

5

Chicken & Cheese Quesadilla  
Protein Pack (v)  
Crispy Chicken Sandwich

6

Beef Tacos  
Chicken Tenders & Biscuit  
Southwest Queso Pull Apart

7

Big Daddy's Pepperoni Pizza  
Cheesy Caesar Salad w/Dinner Roll (v)  
Chicken Drumstick & Biscuit

8

Bean and Cheese Burrito (v)  
Cheesy Pull Apart (v)  
Hot Ham & Cheese on a Bun

You must select at least a 1/2 cup fruit or vegetables, you may select more.

11

Enchirito (v)  
Cheesy Alfredo Pasta w/Dinner Roll (v)  
Cheese Sandwich (v)

12

French Bread Cheese Pizza (v)  
Nitrate Free Hot Dog w/ Sweet Potato Fries  
Grilled Cheese Sandwich (v)

13

Chicken Corn Dog  
Cheesy Pull Apart (v)  
Philly Style Cheesesteak

14

Cheese Lasagna Rollup (v)  
Turkey & Cheddar Sandwich  
Garden Burger (v)

15

All Beef Cheeseburger  
Mozzarella Stuffed Breadsticks (v)  
Asian Meatballs w/Brown Rice

All meals are offered at NO COST to ALL students.

18

Spaghetti w/Marinara & Cheese  
Chimi Nada (v)  
PB & J Sandwich & String Cheese

19

Crispy Chicken Sandwich  
Chicken and Cheese Quesadilla (v)  
Protein Pack (v)

20

Beef Tacos  
Chicken Tenders & Biscuit  
Southwest Queso Pull Apart

21

Big Daddy's Pepperoni Pizza  
Cheesy Caesar Salad & Dinner Roll (v)  
Chicken Drumstick & Biscuit (v)

22

No School  
WINTER BREAK

Limit of one breakfast and one lunch per day per student.

IN A WORLD WHERE  
YOU CAN BE  
ANYTHING  
BE KIND  
#GOBEKIND  
sadexo

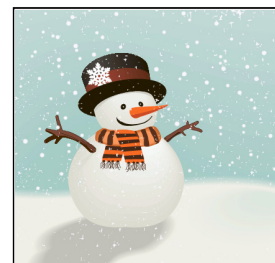
26

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
Wheat Bagel w/Cream Cheese	Mini Chocolate Loaf with String Cheese	Mini Donuts	Benefit Bar	Mini Muffin w/Grahams
Concha	WG Pop Tart	Ultimate Breakfast Round	Mini Muffin with Grahams	Cinnamon Bun
Wheat Bagel w/Cream Cheese	Chocolate Mini Loaf & String Cheese	Sliced Lemon Bread	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

#### STRAWBERRY BANANA SANDWICHES (SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
  - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
  - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
  - Top banana with 1/4 cup sliced strawberries.
  - Close sandwich with 2nd slice of bread.
  - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

**NUTRITION FACTS:**  
175 calories, 5.59g fat,  
280mg sodium, 2.66g fiber

**freshpick**  
for better health  
by sodexo



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.