

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Breakfast:
Muffin
Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Corn Dog
Turkey & Cheese Sandwich

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

4

Breakfast:
Waffles w/ Berry Compote (v)
Lunch:
Crispy Chicken Nuggets w/ WG Roll
Saucy Meatball Sub
Chef Salad w/ WG Rolls
Featured Side: Roasted Mixed Veggies

5

Breakfast:
Sausage Breakfast Pizza
Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Turkey Soft Taco
Italian Sub Sandwich
Strawberry Fields Parfait (v)

6

Breakfast:
Potato, Egg & Ham Breakfast Bowl w/ Toast
Lunch:
Big City Bites Memphis featuring
Elvis Melt w/ Sliced Apples
Hot Dog
Sunbutter & Jelly Sandwich (v)
Chef Salad w/ Rolls
Featured Side: Broccoli & Carrots

7

Breakfast:
Build-Your-Own Oatmeal Bar (v)
Lunch:
Cheesy Breadsticks w/ Marinara (v)
Southwest-Style Nachos
Crispy Chicken Wrap
Pinwheel Party Box

8

Breakfast:
Iced Whole Grain Cinnamon Roll (v)
Lunch:
Cheese (v) or Pepperoni Pizza
Homemade Beefy Sloppy Joe
Chicken Caesar Salad w/ WG Rolls
American Sandwich
Featured Side: Whipped Potatoes

11

Breakfast:
Build-Your-Own Fruit & Yogurt Bowl (v)
Lunch:
Bean & Cheese Burrito (v)
Cheeseburger,
Breakfast Protein Power-Up (v)

12

Breakfast:
Mini Maple Waffles (v)
Lunch:
Crispy Chicken Burger
Chicken Alfredo Pasta
Greek Salad w/ WG Rolls
Sunbutter & Jelly Sandwich (v)
Featured Side: Roasted Mixed Veggies

13

Breakfast:
Ham & Cheese English Muffin
Lunch:
Big City Bites Memphis featuring
Elvis Melt w/ Apple Slices
Soft Pretzel w/ Cheese Sauce
Chef Salad w/ WG Rolls
Turkey & Cheese Sandwich

14

Breakfast:
Breakfast Banana Split (v)
Lunch:
Cheesy Breadsticks w/Marinara (v)
Corn Dog
American Sandwich
Strawberry Banana Parfait (v)
Featured Side: Baked Beans (v)

15

Breakfast:
Apple Frudel (v)
Lunch:
PIZZA DAY!!!
Cheese (v) or Pepperoni Pizza
Ham & Cheese Sandwich
Southwest Chicken Wrap
Featured Side: Roasted Broccoli & Carrots

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

18

WINTER BREAK

19

WINTER BREAK

20

WINTER BREAK

21

WINTER BREAK

22

WINTER BREAK

Vegetarian items marked with (v)

25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK

29

WINTER BREAK

Vegetarian items marked with (v)

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.

liftoffsplayground.com

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as an adults, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: **WebMD Feature: "How Much Sleep Do Children Need?"**

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: \$1.60 MS: \$1.85 HS: \$1.85 Adult \$3.00

LUNCH:

PAID: \$2.65 MS: \$3.20 HS: \$3.45 Adult \$4.35 Milk \$.75

Nutrition Information is available upon request.

