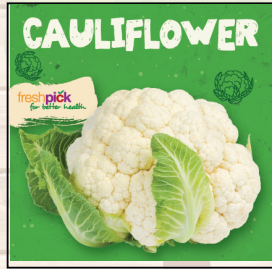


### MONDAY



### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

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

**6**

**NO SCHOOL**

**7**

**Breakfast:**  
CEREAL DAY!!!

**Lunch:**  
Brunch for Lunch: French Toast Sticks w/ Sausage  
Crispy Chicken Nuggets w/WG Roll  
SunButter and Jelly Sandwich

**8**

**Breakfast:**  
Breakfast Pizza

**Lunch:**  
Sweet & Sour Chicken Brown Rice Bowl  
Grilled Hot Dog  
Fruit & Yo To Go Box (v)  
Sunbutter & Jelly Sandwich (v)

**9**

**Breakfast:**  
Waffles w/Fruit Compote (v)

**Lunch:**  
Cheesy Breadsticks w/ Marinara (v)  
Crispy Chicken Burger  
Italian Stacker Box  
Turkey & Cheese Sandwich Featured

**10**

**Breakfast:**  
Iced Whole Grain Cinnamon Roll (v)

**Lunch:**  
Scratch Cheese (v) or Pepperoni Pizza  
Beefy Sloppy Joe  
Peppi Pizza Salad w/ WG Rolls  
Italian Sub Sandwich

Daily Breakfast Entrées: Choice of Whole Grain Cereals w/ Wheat Toast or Hot Breakfast Entree

**13**

**Breakfast:**  
Yogurt & Grahams (v)

**Lunch:**  
Smothered Bean & Cheese Burrito (v)  
Hamburger or Cheeseburger  
Fiesta Taco Salad w/ Tortilla Chips  
Turkey and Cheese Sandwich

**14**

**Breakfast:**  
Snackin' Buttery Maple Waffles (v)

**Lunch:**  
**Orange Chicken over Brown Rice**  
Grilled Cheese Toaster w/ Tomato Soup (v)  
EZ Pizza Bento Box  
Ham & Cheese Sandwich

**15**

**Breakfast:**  
Ham & Cheese Muffin Sandwich

**Lunch:**  
Bean and Cheese Burrito  
Turkey Taco Tot'chos w/ Tortilla Chips  
Chicken Caesar Salad w/ WG Rolls  
Turkey & Cheese Sandwich

**16**

**Breakfast:**  
Breakfast Banana Split (v)

**Lunch:**  
Turkey & Gravy over Whipped Potatoes w/ WG Rolls  
Corn Dog  
Hearty Garden Salad w/ WG Rolls (v)  
Italian Sub Sandwich

**17**

**Breakfast:**  
Homemade Fruit Muffin (v)

**Lunch:**  
Scratch Cheese (v) or Pepperoni Pizza  
Fish & Chips  
Deli Stackables Box  
American Sandwich

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

**20**

**NO SCHOOL**

**21**

**NO SCHOOL**

**22**

**NO SCHOOL**

**23**

**Breakfast:**  
Egg & Sausage Breakfast Burrito

**Lunch:**  
Crispy Chicken Burger  
Spaghetti w/ Meaty Marinara  
EZ Pizza Bento Box  
American Sandwich

**24**

**Breakfast:**  
Iced Whole Grain Cinnamon Roll (v)

**Lunch:**  
Scratch Cheese (v) or Pepperoni Pizza  
Glazed Chicken Drumstick w/ WG Rolls  
Chicken Caesar Salad w/ WG Rolls  
Ham & Cheese Sandwich Featured

Meatless items marked with (v)

**27**

**Breakfast:**  
Sausage Pancake on a Stick

**Lunch:**  
Cheese Quesadilla (v)  
Teriyaki Chicken over Brown Rice  
Chef Salad w/ WG Rolls  
Italian Sub Sandwich

**28**

**Breakfast:**  
BeneFIT Bar (v)

**Lunch:**  
**Hamburger or Cheese Burger**  
Brunch for Lunch: Pancakes w/ Sausage  
Fruit & Yo To-Go Box (v)  
Turkey & Cheese Sandwich

**29**

**Breakfast:**  
Egg & Cheese Muffin Sandwich (v)

**Lunch:**  
Rib-b-Que Sandwich  
Bean & Cheese Nachos (v)  
Italian Stacker Box  
American Sandwich Featured

**30**

**Breakfast:**  
Whole Grain Pancakes (v)

**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll  
Homestyle Baked Penne Pasta (v)  
Peppi Pizza Salad w/ WG Rolls  
Ham & Cheese Sandwich

**31**

**Breakfast:**  
Freshly Baked Banana Muffin Top (v)

**Lunch:**  
Scratch Cheese Pizza (v) or Pepperoni Pizza  
Fish & Chips w/ House Tartar  
Protein Power-Up Box  
Sunbutter & Jelly Sandwich (v)

## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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)

## Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

*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

### COLCANNON (SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper

1. Wash green onions and slice very thin on bias.
2. Wash parsley and chop.
3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
7. Blend cabbage and potatoes. Garnish with chopped parsley.

**NUTRITION FACTS:**  
52 calories, .73g fat,  
56mg sodium, 1.25g fiber



### SCHOOL MEAL PRICES:

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

#### BREAKFAST:

**PAID:** \$X.XX MS: \$X.XX HS: \$X.XX

#### LUNCH:

**PAID:** \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.

