

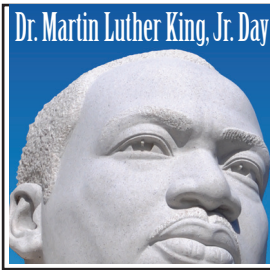
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HOLIDAY

HOLIDAY

HOLIDAY

HOLIDAY

We offer non fat chocolate milk and 1% white milk daily.

7
Cheese Quesadilla*
Cheeseburger on Whole Wheat Bun
Turkey Sandwich on Whole Wheat Bread
Italian Dunkers & Marinara Sauce*
Beef Taco Salad

8
Spaghetti w/Marinara Sauce & Cheese*
Chicken Patty on Whole Wheat Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

9
Bean & Cheese Burrito*
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

10
Teriyaki Beef Dippers & Brown Rice
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll

11
Orange Chicken & Brown Rice
Hamburger on a Whole Wheat Bun
Cheese* or Pepperoni Pizza
Turkey & Cheese Sandwich on Whole Wheat
Vegetarian Taco Salad*

You must select at least a 1/2 a cup of fruit or vegetables with your meal or a combination of both. You may select more.

14
Fish Sticks & Brown Rice
Cheeseburger on Whole Wheat Bun
Turkey Sandwich on Whole Wheat Bread
Italian Dunkers & Marinara Sauce*
Beef Taco Salad

15
Nachos w/Beans & Cheese*
Chicken Patty on Whole Wheat Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

16
Chicken Soft Tacos
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

17
Beefy Macaroni
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll

18
Whole Grain Chicken Corn Dog
Hamburger on a Whole Wheat Bun
Cheese* or Pepperoni Pizza
Turkey & Cheese Sandwich on Whole Wheat
Vegetarian Taco Salad*

*Vegetarian Items

21
HOLIDAY

22
Breakfast for Lunch
Chicken Patty on Whole Wheat Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

23
Beef Soft Tacos
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

24
Half Ham & Cheese Sandwich & Sunflower Seeds
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll

25
Chicken Alfredo & Pasta
Hamburger on a Whole Wheat Bun
Cheese* or Pepperoni Pizza
Turkey & Cheese Sandwich on Whole Wheat
Vegetarian Taco Salad*

Fresh Pick of the month is Pineapple. Try some from your garden bar.

28
Cheese Quesadilla*
Cheeseburger on Whole Wheat Bun
Turkey Sandwich on Whole Wheat Bread
Italian Dunkers & Marinara Sauce*
Beef Taco Salad

29
Spaghetti w/Marinara Sauce & Cheese*
Chicken Patty on Whole Wheat Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

30
Bean & Cheese Burrito*
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

31
Teriyaki Beef Dippers & Brown Rice
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll



Lunch Meal Price: Reduced \$0.40 Paid \$2.75

If You Dream It, You Can Achieve It.

It's a new year and a time for a new you. What's your goal? Do you want to eat healthier, achieve more in school or work, be a better friend or get more sleep? When you want to achieve something, the power lies in your hands to make it come true. Other people may have the skills, talent or expertise to help you get there, but you play a huge role in the final outcome. If you want to eat healthier and achieve a healthier weight, then make a plan to grocery shop for healthier foods and plan three nutritious meals each day.

If you want to be a better friend, then aim to be kind, honest, trustworthy and sincere. Be the type of person you would want a true friend to be. If you are tired and want more energy, then commit to a schedule, avoid procrastination, plan some time for exercise and go to bed a little earlier. All of these decisions are choices you need to own. You control who you want to be and what you want to accomplish. Your life is yours to manage....if you dream it, you can achieve it.



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



Nutrition • Achievement • Environment • Community • Activity

Garden Bar

Choose Fruits & Vegetables from the Garden Bar with your lunch:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Broccoli Raisins Green Beans	Carrots Raisins Garbanzo Beans	Broccoli Raisins Green Peas	Sweet Potatoes Raisins Pinto Beans	Carrots Raisins Corn
Canned Peaches	Canned Pears	Canned Applesauce	Canned Pineapple	Fruit Cocktail
Jicama Apples Salad Mix	Celery Oranges Salad Mix	Tomatoes Bananas Salad Mix	Celery Oranges Salad Mix	Broccoli Apples Salad Mix

Fresh Pick Recipe

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeno pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapenos.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapenos with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:

70 calories, 1g fat,
20mg sodium, 1g fiber



Show off your cooking talent by entering in our Future Chef Contest in February.

Details coming soon!