

MONDAY



TUESDAY

2

Boneless Chicken Bites
w/Soft Pretzel Stick

Golden Corn

WEDNESDAY

3

Meatball Parm Sub

Roasted Broccoli

THURSDAY

4

Breakfast for Lunch:
Pancakes w/Egg Patty

Tater Tots

FRIDAY

5

Pizza day:
Big Daddy Pizza

Garden Tossed Salad

Offered Daily 12/1: Crispy Chicken Wrap, and Peanut Butter & Jelly Sandwich

8

Cheesy Stuffed Breadstick
w/Marinara

Citrus Glazed Carrots

9

Taco Totchos
w/ Buttermilk Biscuit

Tater Tots

10

Homestyle Mac & Cheese

Roasted Broccoli

11

Chicken Fajita
over Rice

Southwest Black Beans

12

Pizza day:
4X6 Smart Pizza

Garden Tossed Salad

Offered Daily 12/4-12/8: Chef Salad w/ Flatbread and Peanut Butter & Jelly Sandwich

15

**SCHOOL CLOSED
FOR
MARTIN LUTHER KING'S
BIRTHDAY**

16

Chicken Nuggets
w/ Dinner Roll

Curly Fries

17

Philly Cheesesteak

Roasted Broccoli & Carrots

18

Crispy Chicken Drumstick
w/Stuffing

Mixed Veggies

19

Pizza day:
French Bread Pizza

Garden Tossed Salad

Offered Daily 12/11-12/15: Italian Sub, and Peanut Butter & Jelly Sandwich

22

Hot Diggity Dog

Vegetarian Baked Beans

23

Grilled Cheese Sandwich

Smile Fries

24

Cheeseburger on a Bun

Steamed Carrot Coins

25

Breakfast for Lunch:
French Toast Sticks
w/Sausage Patty

Golden Corn

26

Pizza Day:
Big Daddy Pizza

Garden Tossed Salad

Offered Daily 12/18-12/22: Turkey & Cheese Sandwich, and Peanut Butter & Jelly Sandwich

29

Chicken Tenders
Dinner Roll

Seasoned Carrot Coins

30

Cheesy Baked Ziti
w/Garlic Breadstick

Steamed Green Beans

31

Pulled Turkey Sliders

Steamed Broccoli & Cauliflower

All lunches include a variety of
fresh fruit, chilled fruit cup, and
choice of milk (skim, 1% or fat free
chocolate)

Menu Subject to Change

**REDUCED BREAKFAST: \$.00
PAID LUNCH: \$2.25**

**REDUCED LUNCH: \$.00
PAID LUNCH: \$3.25**

Offered Daily 12/25-12/29: Deli Stackers Bento Box, Ham & Cheese Sandwich, and Peanut Butter & Jelly Sandwich

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.

www.liftoffsplyground.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

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



Nutrition Information is available upon request.