

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Chicken Tenders w/Breadstick
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Boat
Smile Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

3

Macaroni & Cheese w/Roll
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Boat
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

4

Chicken & Waffles
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Boat
Three Bean Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

5

Big Daddy Pizza
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Boat
Green Pepper Strips
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

8

Pancakes & Sausage
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Cube Bento Box
Sweet Potato Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

9

Poppin Popcorn Chicken w/Roll
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Cube Bento Box
Baked French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

10

Pasta w/Meat Sauce & Breadstick
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Cube Bento Box
Broccoli Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

11

Nachos Supreme
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

12

Galaxy Pizza
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Cube Bento Box
Steamed Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

15

School Closed
Martin Luther King Jr.'s
Birthday

16

Hot Dog w/Cheese
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Tater Tots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

17

Chicken Patty Sandwich
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Sautéed Spinach
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

18

Popcorn Chicken Stir Fry
w/Brown Rice
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Chinese Style Vegetables
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

19

Smart Square Pizza
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Celery Sticks w/Hummus Dip
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Questions or Concerns: Please email at - Jacqueline.wagner@sodexo.com

22

French Toast Sticks w/Sausage
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
Cinnamon Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

23

Chicken Nuggets w/Breadstick
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
Waffle French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

24

Pasta & Meatballs w/Breadstick
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
Broccoli Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

25

Walking Nachos w/Rice
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
BBQ Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

26

Big Daddy Pizza
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
Cucumber Slices
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

29

Cheeseburger on a Bun
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Cross Trax Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

30

Crispy Chicken Bowl w/Roll
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

31

Grilled Chicken Sandwich
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Roasted Vegetables
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Breakfast Prices:
Full Paid: \$1.75
Reduced: \$.30
Milk: \$.50
Lunch Prices:
Full Paid: \$2.85
Reduced: \$.40
Milk: \$.50



Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. 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 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. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

BREAKFAST

MONDAY: Whole Grain Cereal & Graham Crackers

TUESDAY: Hot Mini Maple Pancakes

WEDNESDAY: Whole Grain Mini Cini Pastry

THURSDAY: Hot Mini Berry Waffles

FRIDAY: Whole Muffin with Graham Crackers

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.



Happy January 2018! Any comments or concerns with the breakfast and/or program please do not hesitate to call Jacqueline Wagner- Sodexo at 732-531-5630 ext. 7091 or at jacqueline.wagner@sodexo.com
To add money to your child's lunch account go to: www.schoolcafe.com for online café payments.