

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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fresh Fruit offered daily		1% white & chocolate milk offered daily	
1 - Dutch Waffle 2 - Assorted Yogurt 3 - Assorted Cereal	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Pancake on a Stick 2 - Nutrigrain Bar 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Roll 2 - Purple Daze Smoothie 3 - Assorted Cereal
1 - Egg & Cheese Biscuit 2 - Poptart 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Cinni's 2 - Assorted Muffin & Yogurt 3 - Assorted Cereal	1 - Sausage & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Bacon Breakfast Boat 2 - Chocolate Crescent 3 - Assorted Cereal
No School	1 - Pancake on a Stick 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Bagels 2 - Assorted Muffin & Yogurt 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Waffles 2 - Yogurt Cup & Gripz 3 - Assorted Cereal
1 - Fruit Frudel 2 - Assorted Yogurt 3 - Assorted Cereal	1 - Bacon Breakfast Boat 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini French Toast 2 - Nutrigrain Bar 3 - Assorted Cereal	1 - Sausage, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	

Fresh Pick Recipe

STRAWBERRY BANANA SANDWICHES (SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber

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