

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

1 - Ham, Cheese & Cracker Kidzable
 2 - Cheese Pizza**
 3 - Popcorn Chicken w/Pretzel
 4 - Chicken Ranch Wrap

Mixed Greens, Carrots, Broccoli, Peas, Pineapple, Apples & Corn

B

3

1 - Pepperoni Kidzable
 2 - Cheeseburger**
 3 - French Bread Pizza
 4 - Chef Salad w/Bagel

Mixed Greens, Carrots, Celery, Spinach, Pears, Oranges & Tater Tots

C

4

1 - Turkey Kidzable
 2 - Chicken Nuggets**
 3 - Cheese Quesadilla
 4 - Ham & Cheese Sub

Mixed Greens, Cucumbers, Broccoli, Red Pepper Sticks, Applesauce, Banana & Emoji Fries

D

5

1 - Cinnamon Roll Kidzable
 2 - Beef & Cheese Nachos**
 3 - Mini Corn Dogs
 4 - Blueberry Parfait

Mixed Greens, Spinach, Cauliflower, Baby Carrots, Mixed Fruit, Strawberries & Refried Beans

E

6

1 - Pepperoni Pizza Kidzable
 2 - French Toast Sticks
 3 - Hot Ham & Cheese**
 4 - Turkey & Cheese Sandwich

Mixed Greens, Tomatoes, Cucumbers, Celery, Grapes, Oranges & Deli Roasted Potatoes

A

9

1 - Ham Kidzable
 2 - Pepperoni Pizza***
 3 - Crispy Chicken Sandwich
 4 - Popcorn Chicken Salad

Mixed Greens, Carrots, Celery, Cauliflower, Peaches, Apple & Broccoli w/Cheese

B

10

1 - Pepperoni Kidzable
 2 - Hamburger**
 3 - Grilled Cheese & Tomato Soup
 4 - Double Berry Parfait

Mixed Greens, Cucumbers, Broccoli, Tomatoes, Pears, Oranges & Spiral Fries

C

11

1 - Turkey Kidzable
 2 - Chicken Nuggets ***
 3 - Frito Pie
 4 - Fruit Bowl w/Muffin

Mixed Greens, Celery, Cauliflower, Red Pepper Sticks, Applesauce, Bananas & Corn

D

12

Holiday Celebration
 1 - Turkey, Mashed Potatoes, Gravy & Dinner Roll**
 2 - Strawberry Banana Parfait

Mixed Greens, Cucumbers, Carrots, Fruit Mix, Strawberries & Green Beans
Cookie Day!

E

13

1 - Pepperoni Pizza Kidzable
 2 - Dutch Waffle & Eggs
 3 - Mozzarella Sticks
 4 - American Sub**

Mixed Greens, Cauliflower, Broccoli, Carrots, Pineapple, Apples & Peas

A

16

1 - Ham, Cheese & Cracker Kidzable
 2 - Cheese Pizza**
 3 - Orange Chicken w/Rice
 4 - Italian Sub

Mixed Greens, Celery, Carrots, Spinach, Peaches, Oranges & California Blend

B

17

1 - Pepperoni Kidzable
 2 - Cheeseburger**
 3 - Pancakes & Cheesy Eggs
 4 - Blueberry Parfait

Mixed Greens, Cucumbers, Broccoli, Cauliflower, Pears, Grapes & Oven Fries

C

18

1 - Turkey Kidzable
 2 - Chicken Nuggets***
 3 - Meatball Sub
 4 - Banana Split Parfait

Mixed Greens, Red Pepper Sticks, Celery, Carrots, Applesauce, Bananas & Mashed Potatoes

D

19

1 - Cinnamon Roll Kidzable
 2 - Hot Dog**
 3 - Pepperoni Grilled Cheese
 4 - Chicken Caesar Salad

Mixed Greens, Broccoli, Carrots, Cucumber, Pears, Grapes & Sweet Potato Fries

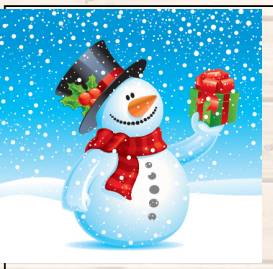
E

20

1 - Pepperoni Pizza Kidzable
 2 - French Bread Pizza
 3 - Crispito w/Chips & Cheese
 4 - Turkey Sandwich***

Mixed Greens, Spinach, Celery, Carrots, Mixed Fruit, Apples & Refried Beans

A



24

Enjoy

25

Winter

26

Break!!



30

31

Student Breakfast: \$1.50
 Student Lunch: \$2.60



****Daily Gluten Free Options**

***Menu subject to change**

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. 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 consuming 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. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Dutch Waffle 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Pancake Sandwich 2 - Assorted Nutrigrain Bar 3 - Assorted Cereal	1 - Cinnamon Roll 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie 3 - Assorted Cereal
1 - Bacon, Egg & Cheese Biscuit 2 - Assorted Pop-tarts 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Toast Crunch Pastry 2 - Assorted Muffins 3 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Breakfast Pizza 2 - Fruit Frudel 3 - Assorted Cereal
1 - Sausage & Cheese Biscuit 2 - Nutrigrain Bar & String Cheese 3 - Assorted Cereal	1 - Cocoa Puff Pastry 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Bagels 2 - Assorted Muffins 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Glazed Donut 2 - Assorted Yogurt & Gripz 3 - Assorted Cereal
Winter Break!		Happy Holidays!		

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

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Nutrition Information is available upon request.

