

### MONDAY

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

\*\*\*Daily Gluten Free Options

\*Menu subject to change

### TUESDAY

### WEDNESDAY



### THURSDAY

2

### FRIDAY



**6**

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

**7**

1 - Pepperoni Kidzable  
2 - Cheeseburger\*\*  
3 - French Bread Pizza  
4 - Banana Split Parfait

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

C

**8**

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

Mixed Greens, Cucumbers, Broccoli, Red Pepper Sticks, Applesauce, Bananas, Emoji Fries

D

**9**

1 - Cinnamon Roll Kidzable  
2 - Beef & Cheese Nachos  
3 - Hot Ham & Cheese\*\*  
4 - Blueberry Parfait

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

E

**10**

1 - Pepperoni Pizza Kidzable  
2 - French Toast Sticks  
3 - Mini Corn Dogs  
4 - Turkey & Cheese Sandwich\*\*\*

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

A

**13**

1 - Ham Kidzable  
2 - Pepperoni Pizza\*\*\*  
3 - Crispy Chicken Sandwich  
4 - Sunbutter & Jelly Sandwich

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

B

**14**

1 - Pepperoni Kidzable  
2 - Hamburger\*\*\*  
3 - Grilled Cheese & Tomato Soup  
4 - Chef Salad w/Bagel

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

C

**15**

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

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

D

**16**

1 - Cinnamon Roll Kidzable  
2 - Walking Taco  
3 - Mac & Cheese  
4 - Strawberry Banana Parfait\*\*\*

Mixed Greens, Spinach, Cucumbers, Baby Carrots, Mixed Fruit & Strawberries. Black Beans

E

**17**

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

Mixed Greens, Cauliflower, Broccoli, Carrots, Pineapple, Apples & Green Beans

A



**21**

1 - Pepperoni Kidzable  
2 - Cheeseburger\*\*\*  
3 - French Bread Pizza  
4 - Blueberry Parfait

Mixed greens, Cauliflower, Broccoli, Cucumbers, Strawberries, Apples & Oven Fries

B

**22**

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

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

C

**23**

1 - Cinnamon Roll Kidzable  
2 - Crispito w/Chips & Cheese  
3 - Hot Dog  
4 - Chicken BLT Salad

Mixed Greens, Broccoli, Carrots, Cucumber, Pears, Grapes & Refried Beans

D

**24**

1 - Pepperoni Pizza Kidzable  
2 - Pancakes w/Cheesy Eggs  
3 - Pepperoni Grilled Cheese  
4 - Turkey & Cheese Sandwich\*\*\*

Mixed Greens, Spinach, Carrots, Celery, Mixed Fruit, Apples & Sweet Potato Fries

E

**27**

1 - Ham Kidzable  
2 - Pepperoni Pizza\*\*\*  
3 - Corn Dog  
4 - Popcorn Chicken Salad

Mixed Greens, Baby Carrots, Peas, Broccoli, Pineapple, Apples & Fries

A

**28**

1 - Pepperoni Kidzable  
2 - Hamburger\*\*\*  
3 - Chili & Cinnamon Roll  
4 - Strawberry Parfait

Mixed Greens, Carrots, Celery, Spinach, Pears, Oranges & Mashed Potatoes

B

**29**

1 - Turkey Kidzable  
2 - Chicken Nuggets\*\*\*  
3 - Penne with Meat Sauce  
4 - Fruit Bowl w/Muffin

Mixed Greens, Cucumbers, Tomatoes, Broccoli, Peaches, Apples & Tater Tots

C

**30**

1 - Cinnamon Roll Kidzable  
2 - Walking Taco\*\*\*  
3 - Turkey Melt  
4 - Banana Split Parfait

Mixed Greens, Spinach, Black Beans, Mixed Fruit, Bananas & Corn

D

**31**

1 - Pepperoni Pizza Kidzable  
2 - Sausage, Egg & Cheese Bagel\*\*\*  
3 - Pizza Sticks  
4 - Turkey & Cheese Sandwich

Mixed Greens, Tomatoes, Cucumbers, Celery, Grapes, Oranges & Green Beans

E

## 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.liftoffisplayground.com](http://www.liftoffisplayground.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 - Nutrigrain Bar & Grahams 3 - Assorted Cereal	1 - Cinnamon Rolls 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie 3 - Assorted Cereal
1 - Bacon, Egg & Cheese Biscuit 2 - Poptarts & String Cheese 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 & Cereal Bars	1 - Sausage Breakfast Pizza 2 - Fruit Frudel 3 - Assorted Cereal
No School	1 - Cocoa Puff Pastry 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bar	1 - Mini Bagels 2 - Assorted Muffins & Yogurt 3 - Assorted Cereal & Cereal Bar	1 - Ham, Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bar	1 - Glazed Donut 2 - Yogurt Cup & Gripz 3 - Assorted Cereal & Cereal Bars
1 - Fruit Frudel 2 - Pop-Tart & Grahams 3 - Assorted Cereal/Cereal Bar & Cheese Stick	1 - Bacon Breakfast Pizza 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini French Toast 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal & Cereal Bars	1 - Sausage, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Toast Crunch Pastry 2 - Mini Bagels 3 - Assorted Cereal

### Fresh Pick Recipe

#### TOMATO MOZZARELLA SALAD

- 1 avocado, sliced into large chunks
- 2 large tomatoes, large dice
- 1 cup celery, 1" slices
- 1 cup fresh mozzarella, large dice
- 1/2 cup basil, tom
- 4 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinegar
- salt and pepper, to taste

1. Place salad ingredients in medium bowl.
2. Mix oil, lemon juice and balsamic vinegar, salt and pepper in small bowl.
3. When ready to serve, mix the salad with the dressing using just enough to coat the salad.

### Non-discrimination Statement

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