

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Alfredo Bake (v)
Sloppy Joe on a Roll
Banana
Corn
Variety of Milk

3

Beef and Cheese Nachos
Cheddar Cheese Nachos (v)
Turkey, Ham, and Cheese Sandwich
Applesauce
Herb Roasted Carrots
Variety of Milk

4

Cheese Pizza (v)
Pepperoni Pizza
Buffalo Popcorn Chicken
Diced Pears
Mixed Vegetables
Variety of Milk

5

Cheeseburger
Hamburger
Veggie Lentil Stew (v)
Diced Peaches
Potato Wedges
Variety of Milk

6

Breaded Chicken Drumstick
Cheese Enchiladas (v)
Banana
Mexican Black Beans (v)
Variety of Milk

9

Chili and Cornbread
Macaroni and Cheese (v)
Applesauce
Mashed Potatoes
Variety of Milk

10

Beef and Cheese Nachos
Cheddar Cheese Nachos (v)
Popcorn Chicken
Diced Pears
Corn
Variety of Milk

11

Cheese Pizza (v)
Pepperoni Pizza
Turkey Bacon Club Sandwich
Apple
Roasted Green Beans
Variety of Milk

12

Cheese Lasagna Roll Up (v)
Shepherd's Pie
Diced Peaches
Mixed Vegetable Blend
Variety of Milk

13

Chicken Noodle Soup
Twisted Cheese Breadsticks (v)
Banana
Herb Roasted Carrots
Variety of Milk

16

Baked Ziti (v)
Shake and Bake Chicken
Diced Pears
Herb Roasted Carrots
Variety of Milk

17

Beef and Cheese Nachos
Cheddar Cheese Nachos (v)
Smothered Bean and Cheese Burrito (v)
Banana
Corn
Variety of Milk

18

Cheese Pizza (v)
Pepperoni Pizza
Turkey Breast and Cheese Sandwich
Applesauce
Roasted Broccoli
Variety of Milk

19

BBQ Pork Rib Sandwich
Macaroni and Cheese (v)
Apple
Vegetarian Baked Beans
Variety of Milk

20

Cheese Lasagna Roll Up (v)
Popcorn Chicken
Diced Pears
Roasted Green Beans
Variety of Milk

23

24

25

26

27

30

31

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
Breakfast Taco Banana Bread (v) Cocoa Puffs Cereal (v)	Turkey Sausage Breakfast on a Bun Cinnamon Glazed French Toast (v) Rice Krispie Cereal (v)	Chicken on a Biscuit Strawberry Cream Cheese Bagel (v) Froot Loops Cereal (v)	Egg and Potato Taco (v) Oatmeal with Brown Sugar (v) Cinnamon Toast Crunch Cereal (v)	Double Berry Yogurt Parfait (v) English Muffin Melt (v) Lucky Charms Cereal (v)
Turkey and Ham Breakfast on a Bun Donut with Icing (v) Rice Krispie Cereal (v)	Cheese Grits with Turkey Sausage Breakfast Crumble (v) Froot Loops Cereal (v)	Chicken on a Biscuit Strawberry Fields Parfait (v) Cinnamon Toast Crunch (v)	Egg and Cheese on a Biscuit (v) Mini Cinnis (v) Lucky Charms Cereal (v)	Turkey and Pork Breakfast Bites Cherry Muffin (v) Cocoa Puffs Cereal (v)
Breakfast Quesadilla Mini Cinnamon Waffle Bites (v) Froot Loops Cereal (v)	Breakfast Taco Strawberry Banana Parfait (v) Cinnamon Toast Crunch (v)	Kolache Banana Bread (v) Lucky Charms Cereal (v)	Breakfast Burrito Oatmeal with Brown Sugar (v) Cocoa Puffs Cereal (v)	Biscuit with Sausage and Gravy Frosted Strawberry Poptart (v) Rice Krispie Cereal (v)

Fresh Pick Recipe

EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 2 teaspoons olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.

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Please look for these icons in your cafeteria.