

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Baked Potato with Broccoli and Cheese (v)
Chicken Nuggets
Pepperoni Pizza Salad
Mixed Fruit
Mixed Squash
Variety of Milk

3

Cheese Stuffed Breadsticks (v)
Chicken Pot Pie
Pulled Pork Tacos
Sliced Pears
Pinto Beans
Variety of Milk

4

Cheese Lasagna Roll Up (v)
Cheeseburger
Hamburger
Apple
Mashed Potatoes
Variety of Milk

5

Orange Chicken
Corn Dog
Vegetarian Taco Salad (v)
Applesauce
Steamed Broccoli
Variety of Milk

6

Breaded Chicken Sandwich
Cheese Pizza (v)
Pepperoni Pizza
Apple
Roasted Green Beans
Variety of Milk

9

Smothered Bean and Cheese Burrito (v)
Pasta Chicken Alfredo
Popcorn Chicken
Pears
Roasted Broccoli
Variety of Milk

10

Beef and Cheese Nachos
Cheddar Cheese Nachos (v)
Turkey Dog
Banana
Corn Confetti
Variety of Milk

11

Baked Potato with Broccoli and Cheese (v)
Cheeseburger
Hamburger
Cinnamon Apples
Tater Tots
Variety of Milk

12

Frito Chili Pie
Vegetarian Taco Salad (v)
BBQ Chicken
Diced Peaches
Vegetarian Baked Beans
Variety of Milk

13

16

17

18

19

20

23

BBQ Chicken Sliders
Turkey Chef Salad
Penne Pasta (v)
Applesauce
Vegetarian Baked Beans
Variety of Milk

24

BBQ Pulled Pork Sandwich
Smothered Bean and Cheese Burrito (v)
Chicken Enchiladas
Banana
Green Beans
Variety of Milk

25

Cheeseburger
Hamburger
Garden Salad (v)
Apple
Sweet Potato Fries
Variety of Milk

26

Cheese Lasagna Roll Up (v)
Mini Corn Dog
Sweet and Sour Chicken
Diced Pears
Steamed Broccoli
Variety of Milk

27

Breaded Chicken Sandwich
Cheese Pizza (v)
Pepperoni Pizza
Mixed Fruit
Corn
Variety of Milk

30

Macaroni and Cheese (v)
Popcorn Chicken
Salisbury Steak
Apple
Roasted Red Potatoes
Variety of Milk

31

Beef Soft Tacos
Cheese Stuffed Breadsticks (v)
Crispy Chicken Salad
Banana
Citrus Glazed Carrots
Variety of Milk

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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
Double Berry Yogurt Parfait (v) Cinnamon Toast Crunch Cereal (v) Frosted Cinnamon Pop Tart (v)	Sausage Breakfast Pizza Strawberry Cheerios Cereal Bar (v) Apple Jacks Cereal (v)	Chicken on a Biscuit Banana Parfait (v) Frosted Flakes Cereal (v)	Mini Pancake Bites (v) Apple Cinnamon Muffin Tops (v) Trix Cereal (v)	Breakfast Wrap Fruity Cheerios (v) Sausage, Egg and Toast
Cinnamon Toast Crunch Cereal (v) Biscuit with Sausage and Gravy Blueberry Poptart (v)	Steak Fingers on a Biscuit Cherry Frudel Stick (v) Apple Jacks Cereal (v)	Sausage Biscuit Breakfast Sandwich Cocoa Puffs Cereal Bar (v) Frosted Flakes Cereal (v)	Sausage, Egg and Toast Trix Cereal (v) Chocolate Muffin (v)	
Cinnamon Glazed French Toast (v) Frosted Cinnamon Poptart (v) Cinnamon Toast Crunch Cereal (v)	Banana Parfait (v) Sausage Breakfast Pizza Apple Jacks Cereal (v)	Chicken on a Biscuit Apple Cinnamon NutriGrain Bar (v) Frosted Flakes Cereal (v)	Double Berry Yogurt Parfait (v) Apple Cinnamon Muffin Tops (v) Trix Cereal (v)	Breakfast Wrap Mini Pancake Bites (v) Fruity Cheerios (v)
Blueberry Poptart (v) Biscuit with Sausage and Gravy Cinnamon Toast Crunch (v)	Steak Fingers on a Biscuit Cherry Frudel Stick (v) Apple Jacks Cereal (v)			

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Please look for these icons in your cafeteria.