

MONDAY

TUESDAY

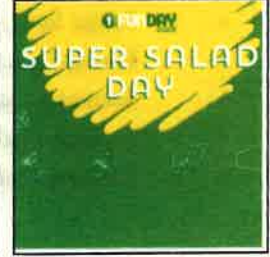
WEDNESDAY

THURSDAY

FRIDAY



2
BREAKFAST INCLUDES:
CHOICE OF DAILY ENTREE
OR COLD CEREAL
WITH TOAST AND VARIETY OF
FRUITS AND MILK



6
NO SCHOOL

7
Breakfast:
Cereal w/Toast
Lunch:
WG Corn Dog
Pepperoni or Cheese Pizza
Chicken Salad Sub
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

8
Breakfast:
Scrambled Eggs and Toast
Lunch:
Walking Nachos
Chicken Nuggets w/WG Roll
Seed/Nut Butter & Jelly Sandwich
Beef Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

9
Breakfast:
Blueberry Bagel with Cream Cheese
Lunch:
Grilled Cheese with Tomato Soup
Sausage or Cheese Pizza
Tuna Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

10
Breakfast:
WG Cinnamon Roll
Lunch:
Fish Sticks and Chips
Cheeseburger or Hamburger
Ham & Cheese Sandwich
Lift-Off Salad w/WG Roll
Includes Fruits, Vegetables & Milk

13
Breakfast:
Pancake on a Stick
Lunch:
Soft Pretzel with Cheese Sauce
Chicken Burger
Turkey & Cheese Sandwich
Chef Salad w/WG Roll
Includes Fruits, Vegetables & Milk

14
Breakfast:
Apple Frudel
Lunch:
Korean BBQ Meatballs over Rice
Pepperoni or Cheese Pizza
Italian Sub
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

15
Breakfast:
Ham & Cheese Muffin Sandwich
Lunch:
Homemade Sloppy Joe
Chicken Nuggets w/WG Breadstick
Ham & Cheese Sandwich
Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

16
Breakfast:
Pancakes w/Syrup
Lunch:
Chicken Mashed Potato Bowl
with WG Roll
Supreme or Cheese Pizza
Egg Salad Sub
Poppin' Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

17
Breakfast:
Oatmeal Breakfast Round
Lunch:
Hearty Mac & Cheese
Cheeseburger or Hamburger
Combo Munchable
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk



21
Breakfast:
Warm Pancake Bites
Lunch:
Taco Burger
Pepperoni or Cheese Pizza
Chicken Salad Sub
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

22
Breakfast:
Ham & Cheese Biscuit Sandwich
Lunch:
Cheesy Breadsticks with Marinara
Chicken Nuggets w/WG Roll
Seed/Nut Butter & Jelly Sandwich
Beef Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

23
Breakfast:
Fruit & Yogurt Parfait
Lunch:
BBQ Pork Rib Sandwich
Hawaiian or Cheese Pizza
Tuna Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk
COOKIE DAY

24
Breakfast:
French Toast Sticks
Lunch:
Hand Rolled Salsa Verde Burrito
Cheeseburger or Hamburger
Ham & Cheese Sandwich
Lift-Off Salad w/WG Roll
Includes Fruits, Vegetables & Milk

27
Breakfast:
Waffles with Fruit Compote
Lunch:
WG Baked Corn Dog
Chicken Burger
Turkey & Cheese Sandwich
Chef Salad w/WG Roll
Includes Fruits, Vegetables & Milk

28
Breakfast:
Chocolate Chip Breakfast Round
Lunch:
Bean & Cheese Burrito
Pepperoni or Cheese Pizza
Italian Sub
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

29
Breakfast:
Yogurt with Graham Crackers
Lunch:
Hot Dog on WG Bun
Chicken Nuggets w/WG Roll
Ham & Cheese Sandwich
Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

30
Breakfast:
Bagel w/Cream Cheese
Lunch:
Grilled Cheese with Tomato Soup
Chicken Ranch or Cheese Pizza
Egg Salad Sub
Poppin' Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

31
Breakfast:
WG Cinnamon Roll
Lunch:
Chicken Quesadilla
Cheeseburger or Hamburger
Combo Munchable
Peppi Pizza Salad w/WG Roll
National Hot Chocolate Day!

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.

lhaaffghppground.com

Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



SCHOOL MEAL PRICES:
BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$1.50 MS: \$1.75 HS: \$1.75
LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$2.50 MS: \$3.00 HS: \$3.25

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH
PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.