

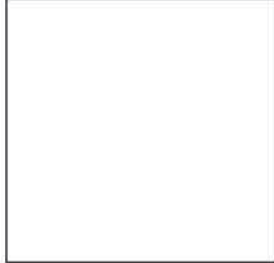
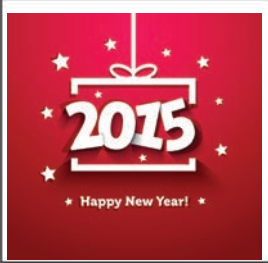
MONDAY

TUESDAY

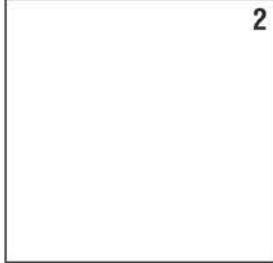
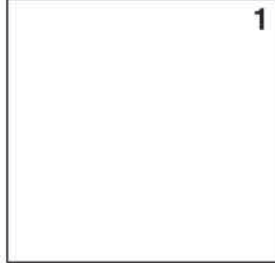
WEDNESDAY

THURSDAY

FRIDAY



Welcome Back to School!



5
Hearty Garden Salad
Ham & Cheese Sandwich on Whole Wheat Bread
Sweet & Sour Chicken with Brown Rice Corndog

Mixed Vegetables, Baby Carrots, Garden Salad, Pineapple Tidbits, and Orange Smiles

6
Crispy Chicken Salad
Italian Wrap on a Wheat Tortilla
Pepperoni Pizza
Cheesy Nachos

Refried Beans, Fresh Broccoli, Caesar Salad, Diced Peaches, and Fresh Bananas

7
Lift Off's Spinach Salad
American Sandwich on Whole Wheat Bread
Ham & Cheese Melt
Chicken Nuggets with Specialty Sauce & a Dinner Roll

Steamed Corn, Baby Carrots, Garden Salad, Applesauce, and Fresh Bananas

8
Chef Salad
Crispy Chicken Wrap on a Wheat Tortilla
Cheeseburger on a Whole Grain Bun
French Toast Sticks with Sausage

Cubed Potatoes, Fresh Broccoli, Caesar Salad, Diced Pears, and Apple Slices

9
Spicy Buffalo Salad
Turkey & Cheese Sandwich on Whole Wheat Bread
Rib-b-que Sandwich
Italian Dunkers with Marinara

Steamed Broccoli, Celery Sticks, Garden Salad, Mixed Fruit, and Orange Smiles

12
Hearty Garden Salad
Ham & Cheese Sandwich on Whole Wheat Bread
Grilled Cheese
Cornbread topped with Chili & Cheese

Peas & Carrots, Baby Carrots, Garden Salad, Pineapple Tidbits, and Orange Smiles

13
Crispy Chicken Salad
Italian Wrap on a Wheat Tortilla
BBQ Turkey Sandwich
Steak Fingers with a Roll

Mashed Potatoes & Gravy, Fresh Broccoli, Diced Peaches, and Fresh Bananas

14
Lift Off's Spinach Salad
American Sandwich on Whole Wheat Bread
Charbroiled Hamburger
Chicken & Waffles

Tater Tots, Baby Carrots, Garden Salad, Applesauce, or Fresh Bananas

15
Chef Salad
Crispy Chicken Wrap on a Wheat Tortilla
Broccoli Alfredo Mac
Chicken Nachos

Refried Beans, Fresh Broccoli, Caesar Salad, Diced Pears, and Apple Slices

16
Spicy Buffalo Salad
Turkey & Cheese Sandwich
Orange Chicken with Rice
Cheese Pizza

Green Beans, Celery Sticks, Garden Salad, Mixed Fruit, and Orange Smiles

19
No School

20
Crispy Chicken Salad
Italian Wrap on a Wheat Tortilla
Rib-b-que Sandwich
Mac & Cheese with a Breadstick

Baked Beans, Green Beans, Fresh Broccoli, Caesar Salad, Diced Peaches, and Fresh Bananas

21
Lift Off's Spinach Salad
American Sandwich on Whole Wheat Bread
Ham & Cheese Melt
Chicken Nuggets with a Roll

Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Applesauce & Fresh Bananas

22
Chef Salad
Crispy Chicken Wrap on a Wheat Tortilla
Waffles with Sausage
Corndog

Steamed Carrots, Fresh Broccoli, Caesar Salad, Diced Pears, and Apple Slices

23
Spicy Buffalo Salad
Turkey & Cheese Sandwich on Whole Wheat Bread
Chili with Cheese & Tortillas
Pepperoni Pizza

Mixed Vegetables, Celery Sticks, Garden Salad, Mixed Fruit, and Orange Smiles

26
Hearty Garden Salad
Ham & Cheese Sandwich on Whole Wheat Bread
Broccoli Alfredo Mac
Hotdog

Baked Beans, Mixed Vegetables, Baby Carrots, Garden Salad, Pineapple Tidbits, and Orange Smiles

27
Crispy Chicken Salad
Italian Wrap on a Wheat Tortilla
Charbroiled Hamburger
Green Beans

Green Beans, Fresh Broccoli, Caesar Salad, Diced Peaches, and Fresh Bananas

28
Lift Off's Spinach Salad
American Sandwich on Whole Wheat Bread
Turkey & Cheese Melt
Chicken Nuggets with a Roll

French Fries, Baby Carrots, Garden Salad, Applesauce, and Fresh Bananas

29
Chef Salad
Crispy Chicken Wrap on a Wheat Tortilla
Crispy Chicken Sandwich
Spaghetti & Marinara Sauce

Steamed Corn, Fresh Broccoli, Caesar Salad, Diced Pears, and Apple Slices

30
Spicy Buffalo Salad
Turkey & Cheese Sandwich on Whole Wheat Bread
Teriyaki Beef with Rice
Italian Dunkers with Marinara

Steamed Broccoli, Celery Sticks, Garden Salad, Mixed Fruit, and Orange Smiles

Just a Spoonful of Sugar...

Sugar is often referred to as **naturally-occurring** or **added**. On food labels, both kinds of sugar are included in “sugars” listed on the Nutrition Facts panel. **Naturally-occurring** sugars are found in many foods automatically because mother-nature put them there. For example, dairy products, such as yogurt and milk, and fruit contain naturally-occurring sugars. Lactose is the sugar in milk and yogurt; fructose is the sugar in fruit. While these foods contain sugar, these sugars are not the ones causing the greatest concern in the American diet. Instead, excessive intake of **added sugars** is the concern. Foods with added sugars are just that—they

have had additional sugar added to them. The consumption of too much added sugar has been linked to obesity and hyperglycemia (high blood sugar). It is recommended that we consume no more than 10% of our calories from sugars. For your daily diet that translates to no more than 6 to 8 teaspoons of sugar per day. To put that in perspective, some sugar-flavored beverages alone can contain as much as 8 to 12 teaspoons of sugar. That 6 to 8 teaspoon daily limit translates to about 24 to 32 grams of sugar daily. Check out how many grams you eat by reading the Nutrition Facts panel.



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.liftoffsp playground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 5 Buttery Toast Yogurt with Goldfish Pancake Wrap	January 6 Cinnamon Toast Cereal Bars Biscuit with Gravy	January 7 Buttery Toast Bagel & Cream Cheese Sausage Pizza	January 8 Cinnamon Toast Poptart Sausage Biscuit	January 9 Buttery Toast Yogurt with Goldfish French Toast Sticks
January 12 Buttery Toast Yogurt with Goldfish Pancakes	January 13 Cinnamon Toast Cereal Bar Biscuit with Gravy	January 14 Buttery Toast Bagel & Cream Cheese Sausage Pizza	January 15 Cinnamon Toast Poptart Sausage Biscuit	January 16 Buttery Toast Yogurt with Goldfish Waffles
January 19 No School	January 20 Cinnamon Toast Cereal Bar Biscuit with Gravy	January 21 Buttery Toast Bagel & Cream Cheese Sausage Pizza	January 22 Cinnamon Toast Poptart Sausage Biscuit	January 23 Buttery Toast Yogurt with Goldfish French Toast Sticks
January 26 Buttery Toast Yogurt with Goldfish Pancakes	January 27 Cinnamon Toast Cereal Bar Biscuit with Gravy	January 28 Buttery Toast Bagel & Cream Cheese Sausage Pizza	January 29 Cinnamon Toast Poptart Sausage Biscuit	January 30 Buttery Toast Yogurt with Goldfish Waffles

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

Calling All Future Chefs!

Put your chef hats on and enter your recipe for a chance to win some great prizes & have some fun! This year, contestants will submit recipes for Healthy Snacks. Recipe submission can be turned into your local cafeteria.

We will be awarding student recognition & prizes on a local, regional, and national level.



10% post-consumer

