

MONDAY



TUESDAY

2

Breakfast:
Danimal Yogurt
w/ Graham Crackers
Lunch:
Cheeseburger or
Hamburger w/ French Fries
or
Turkey & Cheese Sandwich

WEDNESDAY

3

Breakfast:
Chocolate Chip
Ultimate Breakfast Round (v)
Lunch:
Corn Dog
w/ Tater Tots
or
Sunbutter & Jelly Sandwich (v)

THURSDAY

4

Breakfast:
Cereal Bar
w/ Cheese Stick
Lunch:
Crispy Chicken Burger
w/ French Fries
or
Peachy Parfait (v)

FRIDAY

5

Breakfast:
Whole Wheat Bagel
w/ Cream Cheese (v)
Lunch:
Cheese (v) or Pepperoni Pizza
or
Crispy Chicken Wrap

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

8

Breakfast:
French Toast Bites (v)
Lunch:
Saucy Meatball Sub
or
Chef Salad w/ WG Rolls

9

Breakfast:
Cereal Bar
w/ Cheese Stick
Lunch:
Turkey Soft Taco
w/ Lettuce & Tomato,
Italian Sub Sandwich
or
Strawberry Fields Parfait (v)

10

Breakfast:
Confetti Pancakes
Lunch:
Big City Bites Austin
featuring *Texas Chili w/ Tortilla Chips*,
Sunbutter & Jelly Sandwich (v)
or
Chef Salad w/ WG Rolls

11

Breakfast:
Mini Maple Waffles
Lunch:
Cheesy Breadsticks w/ Marinara (v),
Crispy Chicken Wrap
or
Pinwheel Party Box

12

Breakfast:
Mini Cinnis (v)
Lunch:
Cheese (v) or Pepperoni Pizza,
Chicken Caesar Salad w/ WG Rolls
or
American Sandwich

16

Breakfast:
Biscuit w/ Grape Jelly (v)
Lunch:
Chicken Alfredo Pasta
w/ Roasted Mixed Veggies
or
Sunbutter & Jelly Sandwich (v)

17

Breakfast:
Ham & Cheese English Muffin
Lunch:
Pork Posole w/ Tortilla Chips,
Chef Salad w/ WG Rolls
or
Turkey & Cheese Sandwich

18

Breakfast:
Mini Maple Waffles (v)
Lunch:
Corn Dog
w/ Tater Tots
or
American Sandwich

19

Breakfast:
Muffin w/ Cheese Stick
Lunch:
Scratch Cheese (v) or Pepperoni
Pizza
or
Ham & Cheese Sandwich

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

22

Breakfast:
Mini French Toast Sticks (v)
Lunch:
Cheeseburger or
Hamburger w/ French Fries
or
Italian Stacker

23

Breakfast:
Yogurt w/ Graham Crackers (v)
Lunch:
Glazed Chicken Drumstick
w/ Mashed Potatoes & WG Rolls,
Chef Salad w/ WG Rolls
or
Sunbutter & Jelly Sandwich (v)

24

Breakfast:
Chocolate Chip
Ultimate Breakfast Round (v)
Lunch:
Big City Bites Austin featuring
Texas Chili w/ Tortilla Chips,
Ham & Cheese Sandwich
or
Blueberry Patch Parfait (v)

25

Breakfast:
Cereal Bar w/ Cheese Stick
Lunch:
Crispy Chicken Burger
w/ Tater Tots,
Chicken Caesar Salad w/ WG Rolls
or
Turkey & Cheese Sandwich

26

Breakfast:
Mini Cinnis (v)
Lunch:
Scratch Cheese (v) or Pepperoni
Pizza
or
Crispy Chicken Wrap

Vegetarian items marked with (v)

30

Breakfast:
Apple Frudel (v)
Lunch:
Crispy Chicken Burger
w/ Tater Tots,
Fruit & Yo To-Go Box (v)
or
Chef Salad w/ WG Rolls

31

Breakfast:
Mini Maple Waffles (v)
Lunch:
Bean & Cheese Nachos (v)
or
Italian Sub Sandwich



Menu Subject to Change Without Warning Based on Product Availability

This institution is an equal opportunity provider.

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.

liftoffspayground.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

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

- 1 teaspoon 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.



SCHOOL MEAL PRICES:

All students are eligible to receive student meals at no cost.

BREAKFAST: Extra entrée or entrée only - \$2.00~**LUNCH:** Extra entrée entrée - \$3.00

Milk Only (purchased without a meal) at breakfast or lunch \$0.40

Adult Breakfast \$3.25~Adult Lunch \$5.00

Nutrition Information is available upon request.

