

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
Popcorn Chicken Bowl w/Roll
Spiral Dog
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

4
Baked Ziti w/Breadstick
Chicken Breast Club Sandwich
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Roasted Garden Vegetables
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

5
Jumbo Popcorn Chicken w/Roll
Beef Cheddar Flatbread
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Baked French Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

6
Round deep Dish Pizza
Monster Meatball Sub
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Three Bean Salad
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, Low Fat Chocolate

9
Mozzarella Sticks w/Marinara
Cheesy Hot Dog Hamburger
Sandwich
Italian Wrap
Antipasto Salad
Pretzel Boat
Sweet Potato Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

10
Chicken Sticks w/Dinner Roll
Taco Stuffed potato Skin
w/Tortilla Chips
Italian Wrap
Antipasto Salad
Pretzel Boat
Tator Tots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

11
Pasta Bar w/Breadstick
Buffalo Chicken Sandwich
Italian Wrap
Antipasto Salad
Pretzel Boat
Smile Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

12
Chicken & Waffles
Crispy Chicken Fajita Tacos w/Rice
Italian Wrap
Antipasto Salad
Pretzel Boat
Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

13
French Bread Pizza
Cheese or Pepperoni
Grilled Cheese w/Tomato Soup
Italian Wrap
Antipasto Salad
Pretzel Boat
Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change

16
MARTIN LUTHER KING, JR.
DAY
SCHOOL CLOSED

17
Popcorn Chicken w/Roll
Grilled Cheese w/Tomato Soup
Turkey & Cheese sandwich
Greek Salad w/Pita
Yogurt Boat
Baked French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

18
Cheese Ravioli w/Breadstick
Chicken Patty Sandwich
Turkey & Cheese sandwich
Greek Salad w/Pita
Yogurt Boat
Tater Tots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

19
Crispy Beef Tacos
w/Rice
BBQ Turkey Sandwich
Turkey & Cheese sandwich
Greek Salad w/Pita
Yogurt Boat
Vegetarian Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

20
French Bread Pizza
Cheese or Pepperoni
Nacho Fish Sticks w/Tortilla Chips
Turkey & Cheese sandwich
Greek Salad w/Pita
Yogurt Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

23
Bosco Cheese Sticks
w/Marinara Sauce
Bacon Cheeseburger
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Sweet Potato Slim Stix Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

24
Chicken in a Basket w/Tortilla Chips
Cheesy Dog
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Celery Sticks
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

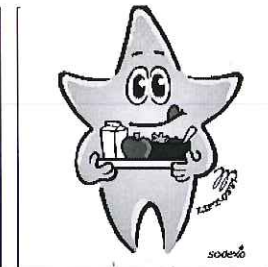
25
Baked Macaroni Cheese
w/Breadstick
Chicken Nuggets w/Breadstick
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Baked Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

26
Chinese Popcorn Chicken Stir Fry
w/Rice
Hot Turkey Sandwich
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Broccoli
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

27
French Pizza
Monster Meatball Sub
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Green Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

30
French Toast Sticks w/Sausage
Lattice Fry Burger
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Lattice Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

31
Chicken Nuggets w/Breadstick
Grilled Pretzel Melt
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Potato Wedges
Romaine Tossed Salad
Fresh Fruit & Fruit Cup



Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. 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 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. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their day may not sound as stressful as an adults, it's a busy schedule for people their age so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: WebMD Feature: "How Much Sleep Do Children Need?"

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

COLCANNON
(SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper

1. Wash green onions and slice very thin on bias.
2. Wash parsley and chop.
3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
5. Place mixer on speed #2. Mix for 60-80 seconds to fluff potatoes.
6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
7. Blend cabbage and potatoe and place in a steamtable pan. Garnish with chopped parsley.

NUTRITION FACTS:
52 calories, .73g fat,
56mg sodium, 1.25g fiber



MEAL PAYMENT OPTION: PAID LUNCH \$3.00, REDUCED LUNCH LUNCH .40, WE ACCEPT CHECKS MADE OUT TO THE (LTBOE) CASH OR MEALTIME ONLINE PAYMENTS. QUESTIONS PLEASE CALL 973-875-3344 X20 OR EMAIL: tammy.drake@sodexo.com