

<p style="text-align: right;"><b>2</b></p> <p>Cheesy Breadsticks w/ Marinara Beef Dippers w/ Rice Chicken Burger Ham &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>3</b></p> <p>Chicken Soft Taco Chicken Nuggets w/ Breadstick Hot Dog Turkey &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>4</b></p> <p>Pizza Day! Breakfast Sandwich Cheeseburger American Sub Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>5</b></p> <p>Nacho Supreme Cheese Quesadilla Chicken Burger Turkey &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>6</b></p> <p>Pizza Day! Spaghetti &amp; Meatballs Corn Dog Italian Sub Sandwich Fresh Salad</p>
<p style="text-align: right;"><b>9</b></p> <p>Bean &amp; Cheese Enchilada Beef Dippers w/ Rice Chicken Burger American Sub Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>10</b></p> <p>Chicken Potato Bowl Chicken Nuggets and Roll Hot Dog Italian Sub Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>11</b></p> <p>Pizza Day! Cheeseburger Turkey &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>12</b></p> <p>Chicken Alfredo Cheese Quesadilla Chicken Burger Ham &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>13</b></p> <p>No School</p>
<p style="text-align: right;"><b>16</b></p> <p>Korean BBQ Meatballs w/ Rice Sweet N Sour Popcorn Chicken Chicken Burger Ham &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>17</b></p> <p>Cheesy Breadsticks w/Marinara Nacho Supreme Chicken Nuggets w/ Breadstick Turkey &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>18</b></p> <p>Pizza Day! Cheeseburger French Toast w/ Omelet American Sub Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>19</b></p> <p>Turkey Gravy &amp; Mashed Potatoes Chicken Soft Taco Cheese Quesadilla Turkey &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Lucky Tray Day!</b> Pizza Day! Hot Ham &amp; Cheese Sandwich Corn Dog Turkey &amp; Cheese Sandwich Fresh Salad</p>
<p style="text-align: right;"><b>23</b></p> <p>Soft Pretzel w/ Cheese Sauce Orange Chicken w/ Rice Chicken Burger American Sub Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>24</b></p> <p>Chicken Potato Bowl w/ Roll Smothered Burrito Chicken Nuggets w/ Breadstick Italian Sub Sandwich Fresh Roll</p>	<p style="text-align: right;"><b>25</b></p> <p>Pizza Day! Grilled Cheese w/ Tomato Soup Cheeseburger Turkey &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>26</b></p> <p>Mac &amp; Cheese Chicken Taquito Chicken Burger Ham &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Treat Day!</b> Pizza Day! Trout Treasures &amp; Fries Corn Dog Turkey &amp; Cheese Sandwich Fresh Salad</p>
<p style="text-align: right;"><b>30</b></p> <p>Chili Frito Pie Chicken Teriyaki w/ Rice Chicken Burger Ham &amp; Cheese Sandwich Fresh Salad</p>	<p style="text-align: right;"><b>31</b></p> <p>Twisted Dog Chicken Nuggets w/ Breadsticks Cheese Quesadilla Turkey &amp; Cheese Sandwich Fresh Salad</p>		<p>Lunch Prices Full Pay = \$2.30 Reduced = \$.40</p>	
				

## Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all food groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!

### MyMondays is Committed to Improving Health

Since wellness can mean different things to different people, Sodexo created "MyMondays" as a way for individuals to identify what health commitment is most important to jump start their personal health. It's your child's or your family's opportunity to decide how you will commit to improving your personal well-being. The four themes of MyMondays are consistent with the messages being shared in the global Mondays Campaign. Each month Sodexo's MyMondays educational program will feature messages and suggested activities to promote the four weekly recurring themes.

The four themes include:

1. **Harvest Monday** encourages students to try new foods and consume more plant-based foods like fruits and vegetables.
2. **Move It Monday** encourages students how to build activity into their daily lives
3. **Kids Cook Monday** encourages families to find creative, kid-friendly ways to get students more involved in cooking at home. Cooking is an excellent and fun way to reinforce reading and math skills, as well as learn more about different cultures.
4. **Kids Care Monday** demonstrates to students behaviors that can help keep our Earth, schools and homes healthier.

This program was specifically designed to help schools who are ready to create a health education program, and are designed to provide ideas schools can implement regardless of their available resources. We encourage you and your family to learn more about these four key health-promoting topics, review our resources and commit to one new healthier behavior each week. If each week seems overwhelming, start with a new behavior each month. Building a healthier lifestyle begins with one small step that continues to build over time.

*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

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ¼ 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.

# Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all foods groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!

## *Fresh Pick Recipe*

### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ¼ 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.

# Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all foods groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza	Fruit Smoothie w/ Graham Cracker	French Toast	Breakfast Sandwich Ham, Egg and Cheese	Breakfast on a Stick
Breakfast Pizza	Muffin w/ Cheese Stick	French Toast Sticks	Breakfast Pizza	No School
Breakfast Burrito	Blueberry Parfait	Breakfast on a Stick	UBR Bar	French Toast Sticks
Breakfast Pizza	Bagel w/ Cream Cheese	French Toast Sticks	Breakfast Sandwich Ham, Egg and Cheese	Cinnamon Roll w/ Cheese Stick
Breakfast Pizza	Strawberry Parfait			
		In addition we offer each day a choice of whole grain cereals, fresh fruit, milk and juice		

## Fresh Pick Recipe

### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ¼ 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.