

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

**NO SCHOOL  
HAPPY NEW YEAR!**

2

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Choice of Burger: Cheeseburger,  
Hamburger, or Veggie Burger (v)  
Cheese Raviolis w/ WG Roll (v)  
Deli Stackables  
Served with Assorted Fruits &  
Vegetables

3

**Breakfast:**  
Pancake Bites (v)  
**Lunch:**  
Corn Dog  
Orange Chicken over Brown Rice  
Fiesta Salad w/ Tortilla Chips  
Served with Assorted Fruits &  
Vegetables

4

**Breakfast:**  
Yogurt & Graham Cracker  
**Lunch:**  
Crispy Chicken Burger  
Creamy Mac & Cheese  
Peachy Parfait (v)  
Served with Assorted Fruits &  
Vegetables

5

**Breakfast:**  
Whole Wheat Bagel w/ Cream  
Cheese (v)  
**Lunch:**  
Cheese (v) or Pepperoni Pizza  
Grilled Cheese Sandwich (v)  
Crispy Chicken Wrap  
Served with Assorted Fruits &  
Vegetables

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

8

**Breakfast:**  
French Toast Bites (v)  
**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll  
Saucy Meatball Sub  
Chef Salad w/ WG Rolls  
Served with Assorted Fruits &  
Vegetables

9

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Brunch for Lunch: French Toast Sticks  
w/ Sausage  
Turkey Soft Taco  
Italian Sub Sandwich  
Served with Assorted Fruits &  
Vegetables

10

**Breakfast:**  
Yogurt w/ Graham Crackers (v)  
**Lunch:**  
*Big City Bites Austin featuring Texas  
Chili w/ Tortilla Chips*  
Hot Dog  
Sunbutter & Jelly Sandwich (v)  
Served with Assorted Fruits &  
Vegetables

11

**Breakfast:**  
Cherry Frudel (v)  
**Lunch:**  
Cheesy Breadsticks w/ Marinara (v)  
Southwest-Style Nachos  
Pinwheel Party Box  
Served with Assorted Fruits &  
Vegetables

12

**Breakfast:**  
Freshly Baked Cinnamon Roll w/  
Vanilla Icing (v)  
**Lunch:**  
Cheese (v) or Pepperoni Pizza  
Homemade Beefy Sloppy Joe  
Chicken Caesar Salad w/ WG Rolls  
Served with Assorted Fruits &  
Vegetables

Daily Breakfast Entrées: Choice of Entree, Variety of Whole Grain Cereals w/ Mozzarella String Cheese

15

**NO SCHOOL  
Martin  
Luther King Jr.  
Day**

16

**Breakfast:**  
Biscuit w/ Grape Jelly (v)  
**Lunch:**  
Crispy Chicken Burger  
Chef Salad w/ WG Rolls  
Sunbutter & Jelly Sandwich (v)  
Served with Assorted Fruits &  
Vegetables

17

**Breakfast:**  
Ham & Cheese English Muffin  
**Lunch:**  
Pork Posole w/ Tortilla Chips  
Soft Pretzel w/ Cheese Sauce  
Turkey & Cheese Sandwich  
Served with Assorted Fruits &  
Vegetables

18

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Corn Dog  
American Sandwich  
Strawberry Banana Parfait (v)  
Served with Assorted Fruits &  
Vegetables

19

**Breakfast:**  
Fruity Muffin Squares (v)  
**Lunch:**  
Scratch Cheese (v) or Pepperoni  
Pizza  
Fish & Chips  
Ham & Cheese Sandwich  
Served with Assorted Fruits &  
Vegetables

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

22

**Breakfast:**  
Mini Pancakes (v)  
**Lunch:**  
Choice of Burger: Cheeseburger,  
Hamburger, or Veggie Burger (v)  
Turkey Tot'chos w/ WG Rolls  
Italian Stackers  
Served with Assorted Fruits &  
Vegetables

23

**Breakfast:**  
Yogurt w/ Graham Crackers (v)  
**Lunch:**  
Glazed Chicken Drumstick w/ WG  
Rolls  
Turkey Soft Taco  
Sunbutter & Jelly Sandwich (v)  
Served with Assorted Fruits &  
Vegetables

24

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
*Big City Bites Austin featuring Texas  
Chili w/ Tortilla Chips*  
Hot Dog  
Ham & Cheese Sandwich  
Served with Assorted Fruits &  
Vegetables

25

**Breakfast:**  
Blueberry Bagel w/ Cream Cheese (v)  
**Lunch:**  
Crispy Chicken Burger  
Spaghetti w/ Meaty Marinara  
Turkey & Cheese Sandwich  
Served with Assorted Fruits &  
Vegetables

26

**Breakfast:**  
Mini Cinnis (v)  
**Lunch:**  
Chicken & Waffles  
Grilled Cheese Sandwich (v)  
Crispy Chicken Wrap  
Served with Assorted Fruits &  
Vegetables

Vegetarian items marked with (v)

29

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Cheesy Lasagna Roll Up w/ WG Roll  
(v)  
Teriyaki Chicken over Brown Rice  
Turkey & Cheese Sandwich  
Served with Assorted Fruits &  
Vegetables

30

**Breakfast:**  
Apple Frudel (v)  
**Lunch:**  
Crispy Chicken Burger  
Brunch for Lunch: Pancakes w/  
Sausage  
Chef Salad w/ WG Rolls  
Served with Assorted Fruits &  
Vegetables

31

**Breakfast:**  
Pancake & Sausage on a Stick  
**Lunch:**  
BBQ Chicken Sandwich  
Bean & Cheese Nachos (v)  
Italian Sub Sandwich  
Served with Assorted Fruits &  
Vegetables





## 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.

[www.liftoffplayground.com](http://www.liftoffplayground.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:

Students who are reduce-priced eligible will receive student meals at no cost.

### BREAKFAST:

**PAID: ALL Grades \$2.75**

### LUNCH:

**PAID: Pk-6th \$3.00 7th-12: \$3.75**

Nutrition Information is available upon request.

