MONDAY


TUESDAY


WEDNESDAY


THURSDAY


All menu items are offered with a selection of fresh fruits and vegetables and a variety of milk. (V) denotes our daily vegetarian option.


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| Pizza |
| :---: |
| Grilled Ham \& cheese Sandwich |
| Served with |
| Seasonal fruits of Vegies |
| white, chocolate, strawberry milk |


| Corn dogs with fries <br> Fiesta bowl <br> Served with <br> Seasona fruit or veggies <br> white, choocolate, or strawbery milk |
| :---: |

19

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|  |
| :---: |
| Chicken Fried Rice |
| Mozzarella Stuffed breadsticks |
| Served with |
| Seasonal fruit or veggies |
| White, Chocolate or Strawberry milk |



| Chef Salad <br> Pizza <br> Served with <br> Seasonal fruit or reggies <br> White, Chocolate, Strawberry Milk |
| :---: |


| Beef Mac and Cheese |
| :--- | :--- |
| Crispy Chicken Sandwich |
| Served with |
| Seasonal fruit or veggies |
| white, strawberry or chocolate milk |, 26

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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 heolthier food choices and encouroges students and fomilies to use the USDAA MyPlote to build heoelthy ond bolonced meols.

## BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
| Breakfast pizza <br> Cereal <br> served with | Breakfast Bowl <br> Cereal served with | Churros <br> cereal <br> Served with | Mini waffles <br> Cereal served with |  |
|  | Sausage, Egg \& Cheese Sandwich Cereal Served with Seasonal fruit or cheese stick | Donuts cereal <br> Served with Seasonal fruit or cheese stick white, chocolate or strawberry milk | Ham \& Cheese Biscuit Cereal Served with Seasonal fruit or cheese stick <br> White, chocolate, or strawberry milk |  |
| Mini French toast Cereal Served with Seasonal fruit or cheese stick white, chocolate, strawberry milk | Breakfast Taco cereal Served with Seasonal fruit or Cheese stick <br> White, chocolate or strawberry milk | Chorizo Burrito Cereal Served with Seasonal fruit or cheese stick <br> white, chocolate or strawberry milk | Pancake Wrap cereal Served with Seasonal fruit or cheese stick White, chocolate, strawberry milk |  |
| Omelet and toast cereal Served with seasonal fruit or cheese stick white, chocolate, strawberry milk | French toast bites <br> Cereal <br> Served with seasonal fruit or cheese stick <br> White, chocolate, strawberry milk | Donut <br> Cereal <br> Served with <br> Seasonal fruit or cheese stick <br> White, chocolate or strawberry milk |  |  |

## Fresh Pick Recipe

BAKED BLUEBERRY \& PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
-1-1/4 cups fat-free milk
- $1 / 4$ cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- $1 / 3$ cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberies.
2. Transfer to an $11 \times 7$-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at $350^{\circ}$ for 35-40 minutes or until top is lightly browned and a thermometer reads $160^{\circ}$. Serve with additional milk ifdesired.

NUTRITION FACTS:
277 calories, 11 g fat,
263 mg sodium, 3 g fiber
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=MAGIC

