

MONDAY

WINTER BREAK

TUESDAY



WEDNESDAY

2

CHINESE TAKE OUT
Sweet & Sour Chicken with Brown Rice
Chicken Patty Sandwich
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Steamed Broccoli

THURSDAY

3

Baked Chicken
Grilled Cheese
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Southwest Black Beans

FRIDAY

4

French Bread Pizza
Fish Sticks
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Cucumber Coins

Peanut Butter and Jelly available

7

BREAKFAST FOR LUNCH
French Toast
Cheeseburger or Hamburger
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sweet Potato Wedges

8

Poppin' Popcorn Chicken with Roll
Hotdog on a Bun
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Baked French Fries

9

Rotini Pasta with Italian Meatsauce served with a Garlic Breadstick
Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sautéed Spinach

10

Chicken Nuggets with Dinner Roll
Grilled Cheese
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Vegetarian Refried Beans

11

Cheese or Pepperoni Pizza
Fish Sticks
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Cucumber Coins

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

14

Cheesy Stuffed Breadsticks
Cheeseburger or Hamburger
Ham & Cheese Sub
Turkey Club Salad with Roll
Egg & Muffin Bento Box
Citrus Glazed Carrots

15

Roasted Chicken in a Basket served with a Buttermilk Biscuit
Hot Dog on a Bun
Ham & Cheese Sub
Turkey Club Salad with Roll
Egg & Muffin Bento Box
Waffle Fries

16

Old Fashioned Mac & Cheese served with a Dinner Roll
Chicken Patty Sandwich
Ham & Cheese Sub
Turkey Club Salad with Roll
Egg & Muffin Bento Box
Steamed Broccoli

17

Twin Tacos with Brown Rice served with Cheese, Lettuce & Tomato
Grilled Cheese
Ham & Cheese Sub
Turkey Club Salad with Roll
Egg & Muffin Bento Box
Spanish Beans

18

Mini Personal Pizza
Fish Sticks
Ham & Cheese Sub
Turkey Club Salad with Roll
Egg & Muffin Bento Box
Seasoned Green Beans

21

School Closed
Martin Luther King Jr's Birthday

22

Chicken Nuggets with Dinner Roll
Hotdog on a Bun
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Smile Fries

23

Mozzarella Sticks with Marinara Sauce
Chicken Patty Sandwich
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Broccoli Dippers

24

Boneless Chicken Bites served with Soft Pretzel Stick
Grilled Cheese
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Homestyle Baked Beans

25

Big Daddy's Pizza
Fish Sticks
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Cucumber Coins

28

Maple Pancakes
Cheeseburger or Hamburger
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Steamed Carrot Coins

29

Crispy Chicken
Hot Dog on a Bun
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Mashed Potatoes

30

Homemade Baked Ziti served with a Garlic Breadstick
Chicken Patty Sandwich
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Sautéed Spinach

31

Chicken & Cheese Taquitos with Salsa
Grilled Cheese
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Vegetarian Refried Beans

Breakfast Prices
Full Paid: \$1.75
Reduced: \$0.30
Milk: \$0.50

Lunch Prices:
Full Paid: \$2.85
Reduced: \$0.40
Milk: \$0.50

Menu Subject to Change

This institution is an equal opportunity provider.

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.

liftoffstplayground.com

BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Reduced Fat Milk

MONDAY:

Whole Grain Cereal and Graham Crackers

TUESDAY:

Hot Mini Maple Pancakes

WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

THURSDAY:

Eggo Waffles

FRIDAY:

Whole Grain Muffin and Graham Crackers

Fresh Pick Recipe

BOW TIE LASAGNA

- 1 lb bow tie pasta (cooked according to package directions)
- 2 tablespoons olive oil
- 1/2 cup onion, diced
- 3 garlic cloves, minced
- 1 lb ground turkey (or ground beef)
- 1 lb 9 oz jar of marinara sauce
- 1 14.5 oz can of tomatoes
- 1/2 cup fresh basil
- salt and pepper to taste
- 16 oz low fat cottage cheese
- 1/2 cup Parmesan cheese, grated
- 1 egg
- 2 tablespoons fresh parsley
- 1 cup mozzarella cheese, grated

1. Prepare all ingredients as directed.
2. In medium saucepan, sauté onions, garlic, and turkey until no longer pink.
3. Add marinara sauce, tomatoes, basil, and salt and pepper. Simmer meat sauce for 10 minutes.
4. In medium bowl, mix cottage cheese, Parmesan, egg, and parsley.
5. Spray a casserole dish with cooking spray. Place cooked pasta in the pan. Spoon the sauce over the pasta.
6. Evenly divide the cheese mixture over the sauce. Finish with the mozzarella.
7. Cover pan with foil and bake for 20 minutes in preheated 375 degree oven.
8. Remove foil and place back in the oven for 10 minutes.



So Happy

Sodexo's menu app with nutrition and allergen information!

Happy New Year 2019! Any concerns and comments please call the Café Office at 732-531-5630 ext 7090 or Jacqueline.wagner@sodexo.com
To add money to your child's lunch account go to www.schoolcafe.com

Nutrition Information is available upon request.

