

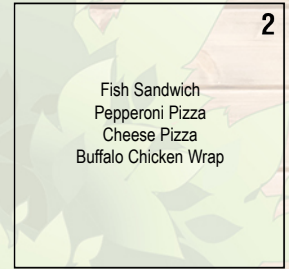
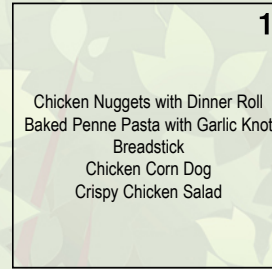
MONDAY

TUESDAY

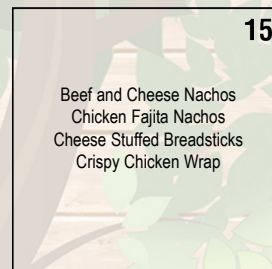
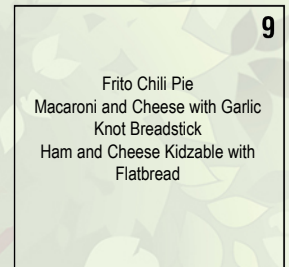
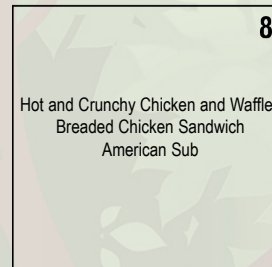
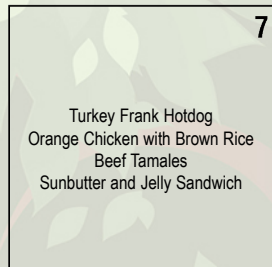
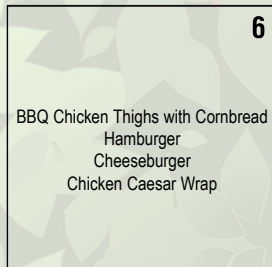
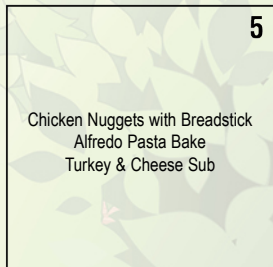
WEDNESDAY

THURSDAY

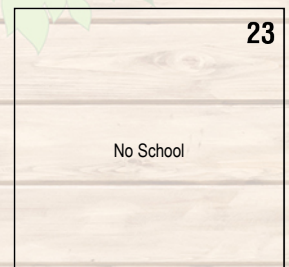
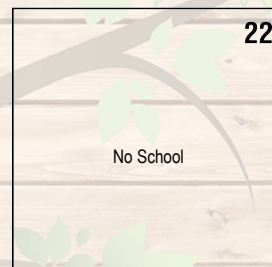
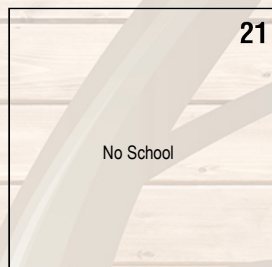
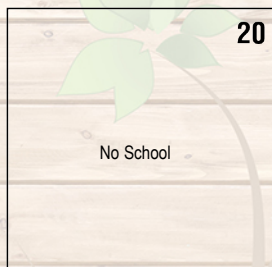
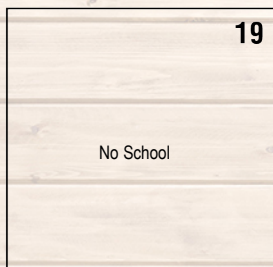
FRIDAY



Assorted Fresh Fruits and Vegetables offered daily.



Assorted Milk choices offered daily.



Supporting Achievement

Students achieve their best when they are attentive and ready to learn. 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 consuming 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. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Frudel Juice Fresh Fruit Assorted Milk	Yogurt with Graham Crackers Juice Fresh Fruit Assorted Milk
Cereal with Cheddar Cheese Stick Juice Fresh Fruit Assorted Milk	Sausage Breakfast Pizza Juice Fresh Fruit Assorted Milk	Cinnamon Glazed French Toast Juice Fresh Fruit Assorted Milk	Blueberry Pancake Sandwich Juice Fresh Fruit Assorted Milk	Soft Filled Breakfast Bar Juice Fresh Fruit Assorted Milk
Cereal with Mozzarella Cheese Stick Juice Fresh Fruit Assorted Milk	Pancake Bowl Juice Fresh Fruit Assorted Milk	Mini Cinnamon Pull Aparts Juice Fresh Fruit Assorted Milk	Muffin Top Juice Fresh Fruit Assorted Milk	Breakfast Egg, Cheese and Turkey Wrap Juice Fresh Fruit Assorted Milk

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



The Food Service Staff wishes you a wonderful Holiday Break.

Nutrition Information is available upon request.

