

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

CHICKEN SPAGHETTI  
W/BREADSTICK  
CHICKEN NUGGETS  
W/BREADSTICK  
BEEF TOSTADAS W/RICE  
LUNCH PACK  
SALAD OF THE DAY  
BURGERS  
BBQ BURGER  
PEPPERONI & SAUSAGE PIZZAS

POTATO BOWL W/ROLL  
STEAK FINGERS W/BREADSTICK  
BURGER  
CHICKEN BURGER  
CHICKEN PARMESAN SUB  
CHILI DOG  
PEPPERONI & CHEESE PIZZAS

CHICKEN NUGGETS  
W/BREADSTICK  
SWEET & SOUR CHICKEN W/EGG  
ROLL  
BEEF TAMALES  
COMBO SUB  
SALAD OF THE DAY  
BURGERS  
PHILLY BURGER  
PEPPERONI & BUFFALO PIZZAS

ASIAN BBQ SLIDERS  
STEAK FINGERS W/BREADSTICK  
CHICKEN TOSTADA W/RICE  
CHICKEN LUNCH PACK  
SALAD OF THE DAY  
BURGERS  
SLOPPY JOE  
PEPPERONI PIZZA & STROMBOLI

FISH & CHIPS W/CORNBREAD  
SPAGHETTI W/BREADSTICK  
ENCHILADA  
NACHO LUNCH PACK  
SALAD OF THE DAY  
BURGERS  
TURKEY CARNITA TORTAS  
PEPPERONI & CHEESE PIZZAS

MINI RAVIOLI W/ROLL  
CHICKEN NUGGETS  
W/BREADSTICK  
CHICKEN QUESADILLA  
HAM & CHEESE SUB  
SALAD OF THE DAY  
BURGERS  
BBQ PORK ON A BUN  
PEPPERONIE & SAUSAGE PIZZA

POTATO BOWL W/ROLL  
STEAK FINGERS W/BREADSTICK  
BURGERS  
CHICKEN BURGERS  
PARMESAN SUB  
CHILI DOG  
PEPPERONI & CHEESE PIZZA

CHICKEN NUGGETS W/BREADSTICK  
PANCAKES & EGG SANDWICH  
BURRITO  
HAM & CHEESE SUB  
SALAD OF THE DAY  
BURGERS  
PHILLY BURGER  
PEPPERONI & BUFFALO CHICKEN  
PIZZA

CHICKEN POT PIE W/BISCUIT  
STEAK FINGERS W/BREADSTICK  
BEEF ENCHILADA  
PIZZA LUNCH PACK  
SALAD OF THE DAY  
BURGERS  
SLOPPY JOE  
PEPPERONI PIZZA & STROMBOLI

MINI RAVIOLI W/ROLL  
SPAGHETTI W/BREADSTICK  
QUESADILLA CRUNCH WRAP  
NACHO LUNCH PACK  
SALAD OF THE DAY  
BURGERS  
TURKEY CARNITA TORTAS  
PEPPERONI & CHEESE PIZZAS



CHICKEN POTATO BOWL W/ROLL  
CHICKEN ENCHILADA BAKE  
TURKEY COMBO  
SALAD OF THE DAY  
BURGERS  
PHILLY BURGER  
SUPREME, CHEESE, PEPPERONI  
PIZZAS

GENERAL TSO W/RICE  
CHICKEN NUGGETS  
W/BREADSTICKS  
PULLED PORK TACO  
CRISPY CHICKEN WRAP  
FRUIT, CHEESE & YOGURT PLATE  
SALAD OF THE DAY  
BURGERS  
BBQ RID ON A BUN  
PULLED PORK, CHEESE, &

ASIAN PORK SLIDERS  
BEEF TAMALES  
ITALIAN WRAP  
SALAD OF THE DAY  
BURGERS  
SLOPPY JOE  
BACON RANCH, CHEESE, &  
PEPPERONI PIZZAS

CHICKEN PARMESAN  
W/BREADSTICK  
TACO LOCO SALAD  
TURKEY & CHEESE SANDWICH  
SALAD OF THE DAY  
BURGERS  
PULLED PORK SUB  
HAWAIIAN, CHEESE, & PEPPERONI  
PIZZAS

SPAGHETTI W/BREADSTICK  
CHICKEN NACHOS  
TURKEY & CHEESE ON SUB  
SALAD OF THE DAY  
BURGERS  
CHILI DOG  
TACO, CHEESE, & PEPPERONI  
PIZZAS

ASIAN SALAD  
ENCHILADA BAKE  
TURKEY COMBO  
SALAD OF THE DAY  
BURGERS  
PHILLY SUB  
SUUPREME, CHEESE, &  
PEPPERONI PIZZAS

BREAKFAST BOWL  
CHICKEN NUGGETS  
W/BREADSTICKS  
PULLED PORK TACO  
FRUIT, CHEESE & YOGURT PLATE  
SALAD OF THE DAY  
BURGERS  
BBQ RIB SUB  
PULLED PORK, CHEESE, &  
PEPPERONI PIZZAS

TURKEY & GRAVY W/ROLL  
BEEF TAMALES  
TURKEY & CHEESE SUB  
SALAD OF THE DAY  
BURGERS  
SLOPPY JOE  
BACON RANCH, CHEESE, &  
PEPPERONI PIZZAS

BBQ CHICKEN ON THE BONE  
W/ROLL  
TACO LOCO SALAD  
TURKEY & CHEESE ON A BAGEL  
SALAD OF THE DAY  
BURGERS  
PULLED PORK ON A BUN  
HAWAIIAN, CHEESE, & PEPPERONI  
PIZZAS

CHICKEN TANGERINE W/ROLL  
CHICKEN NACHOS  
TURKEY CRANBERRY ON  
FLATBREAD  
SALAD OF THE DAY  
BURGERS  
CHILI DOG  
TACO, CHEESE, & PEPPERONI  
PIZZAS

BEEF LASAGNA W/ROLL  
ENCHILADA BAKE  
TURKEY COMBO SUB  
SALAD OF THE DAY  
BURGERS  
PHILLY SUB  
SUPREME, CHEESE, & PEPPERONI  
PIZZAS

SHEPHERD'S PIE W/ROLL  
CHICKEN NUGGETS  
W/BREADSTICKS  
PULLED PORK TACO  
CRISPY CHICKEN WRAP  
SALAD OF THE DAY  
BURGERS  
BBQ RIB SUB  
PULLED PORK, CHEESE, &  
PEPPERONI PIZZAS

BAKED POTATO W/CHILI & ROLL  
BEEF TAMALES  
HAM & CHEESE SUB  
SALAD OF THE DAY  
BURGERS  
SLOPPY JOE  
BACON RANCH, CHEESE, &  
PEPPERONI PIZZA

FRITO PIE  
TACO LOCO SALAD  
TURKEY & CHEESE ON A BAGEL  
SALAD OF THE DAY  
BURGERS  
PULLED PORK SUB  
HAWAIIAN, CHEESE, & PEPPERONI  
PIZZAS

CORN DOG  
CHICKEN NACHOS  
TURKEY CRANBERRY FLATBREAD  
SALAD OF THE DAY  
BURGERS  
CHILI DOG  
TACO, CHEESE, & PEPPERONI  
PIZZAS

SHAKE & BAKE CHICKEN W/ROLL  
ENCHILADA BAKE  
TURKEY COMBO SUB  
SALAD OF THE DAY  
BURGERS  
SUPREME, CHEESE, & PEPPERONI  
PIZZAS

CHICKEN & WAFFLES  
CHICKEN NUGGETS  
W/BREADSTICK  
PULLED PORK TACO  
FRUIT, CHEESE, & YOGURT PLATE  
BURGERS  
BBQ RIB ON BUN  
PULLED PORK, CHEESE, &  
PEPPERONI PIZZAS

CHICKEN HONEY BITES  
BEEF TAMALES  
ITALIAN WRAP  
SALAD OF THE DAY  
BURGERS  
SLOPPY JOE  
BACON RANCH, CHEESE, &  
PEPPERONI PIZZAS

QUESO BLANCO BOWTIE  
W/BREADSTICK  
TACO LOCO SALAD  
TURKEY & CHEESE ON A BAGEL  
SALAD OF THE DAY  
BURGERS  
PULLED PORK SANDWICH  
HAWAIIAN, CHEESE, & PEPPERONI  
PIZZAS

# 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!



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](http://www.liftoffsplyground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PANCAKE ON A STICK CEREAL POPTARTS	BREAKFAST BAGEL CEREAL YOGURT	CINNAMON ROLL CEREAL POPTART	MINI PANCAKES CEREAL YOGURT	BURRITO CEREAL POPTART
BLUEBERRY BREAD CEREAL YOGURT	BREAKFAST PIZZA POPTART YOGURT	CHICKEN SANDWICH CEREAL YOGURT	MORNING ROLL POPTART YOGURT	BREAKFAST TACO DONUT CEREAL
NO SCHOOL	BREAKFAST PIZZA CHEESE STICK CEREAL	CHICKEN ON A BUN CEREAL BAR CEREAL	BREAKFAST PLATE MUFFIN TOP CEREAL	DOUBLE BERRY PAR-FAIT EGG & POTATO TACO CERAL
FRENCH TOAST POPTART CEREAL	BREAKFAST BITES CHEESE STICK CEREAL	CEREAL BAR CEREAL PEACH DANISH	SAUSAGE, EGGS & TOAST MUFFIN TOP CEREAL	BERRY BANANA SMOOTHIE CEREAL WAFFLES
PANCAKE ON A STICK CEREAL POPTART	ENGLISH MUFFIN MELT CHEESE STICK CEREAL	ELVIS BREAD PUDDING CEREAL CEREAL BAR	BREAKFAST PLATE MUFFIN TOP CEREAL	BREAKFAST KOLACHE FRUIT SMOOTHIE CEREAL
CEREAL POPTART MADE FROM SCRATCH STRAWBERRY BREAD	BREAKFAST PIZZA CHEESE STICKS CEREAL	CHICKEN ON A BUN CEREAL CEREAL BAR	BREAKFAST PLATE MUFFIN TOP CEREAL	DOUBLE BERRY YOGURT PARFAIT EGG & POTATO TACO CEREAL

## Fresh Pick Recipe

### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeno pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

FRESH AND CANNED FRUIT VARIETIES OFFERED DAILY AT BREAKFAST AND LUNCH  
 FRESH AND CANNED VEGETABLE VARIETIES OFFERED DAILY AT LUNCH  
 WE PURCHASE TEXAS PRODUCE FIRST



Please look for these icons in your cafeteria.