

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!



Sedexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 - Bacon Breakfast Boat* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Sausage Pancake on a Stick 2 - NutriGrain Bar 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Confetti Pancakes 2 - Muffin & Purple Daze Smoothie 3 - Assorted Cereal & Cereal Bars
1 - Ham, Egg & Cheese Biscuit* 2 - Poptart & Cheese Stick 3 - Assorted Cereal or Cereal Bar	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Cinni's 2 - Assorted Muffins 3 - Assorted Cereal & Cereal Bars	1 - Sausage Breakfast Pizza* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - French Toast Sticks 2 - Chocolate Crescents 3 - Assorted Cereal & Cereal Bars
1 - Ham & Cheese English Muffin* 2 - Assorted Poptarts & Cheese 3 - Assorted Cereal & Cereal Bars	1 - Sausage Pancake on a Stick* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Bacon Breakfast Boat* 2 - Assorted Muffins & Yogurt 3 - Assorted Cereal & Cereal Bars	1 - Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Waffles 2 - Yogurt Cup & Gripz 3 - Assorted Cereal & Cereal Bars

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño 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.

Non-discrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color national origin, gender, religion, age, disability or marital or family status. To file a complaint of discrimination call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.