

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Winter Recess No School	2 Winter Recess No School	3 Breakfast For Lunch! Tuna Salad Sandwich * Orange Smiles Fresh or Chilled Fruit Assorted Milk	4 Chicken Patty Sandwich Taco Salad w/ Chips * Celery Sticks Fresh or Chilled Fruit Assorted Milk	5 Cheese OR Pepperoni Pizza Chef Salad w/ Breadstick * Tomato & Cucumbers Fresh or Chilled Fruit Assorted Milk
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8 Chicken Tenders Chicken Salad Sandwich * Sweet Potato Strings Fresh or Chilled Fruit Assorted Milk	9 Meatball Sub Bologna & Cheese * Garden Salad Fresh or Chilled Fruit Assorted Milk	10 Ham, Egg, & Cheese Bagel Greek Salad w/ Breadstick * Baked Beans Fresh or Chilled Fruit Assorted Milk	11 Hot Dog on Bun Charlie Tuna Salad w/ Breadstick * Baked Cinnamon Apples Fresh or Chilled Fruit Assorted Milk	12 Cheese OR Pepperoni Pizza Greek Salad w/ Breadstick * Broccoli Fresh or Chilled Fruit Assorted Milk
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15 No School Martin Luther King Jr Day	16 Beefy Nacho Asian Chicken Salad w/ Breadstick * Black Bean Salsa Fresh OR Chilled Fruit Assorted Milk	17 American Chop Suey Buffalo Chicken Salad w/ Breadstick * Garden Salad Fresh OR Chilled Fruit Assorted Milk	18 Zesty Orange Chicken Buffalo Chicken Wrap * Brown Rice Baby Carrots Fresh OR Chilled Fruit Assorted Milk	19 Cheese OR Pepperoni Pizza Turkey Club Wrap * Roasted Garbanzo Beans Fresh OR Chilled Fruit Assorted Milk
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22 Italian Dunkers w/ Marinara Chicken Caesar Wrap * Parmesan Green Beans Fresh OR Chilled Fruit Assorted Milk	23 General Tso Chicken Turkey & Cheese Sandwich * Brown Rice Steamed Broccoli Fresh OR Chilled Fruit Assorted Milk	24 Beef Soft Taco Lift Off Spinach Salad w/ Breadstick * Refried Beans Fresh OR Chilled Fruit Assorted Milk	25 Cheeseburger on Bun Chicken Caesar Salad w/ Breadstick * Butternut Squash Fresh or Chilled Fruit Assorted Milk	26 Cheese OR Pepperoni Pizza Chicken Caesar Wrap * Blue Ribbon Cole Slaw Fresh OR Chilled Fruit Assorted Milk
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29 Popcorn Chicken Ham & Cheese Sandwich * Sweet Potato Strings Fresh OR Chilled Fruit Assorted Milk	30 Hot Dog on Bun Egg Salad Sandwich * Baked Beans Fresh or Chilled Fruit Assorted Milk	31 Fun on the Run! Chicken BLT Salad w/ Breadstick * Red Pepper Strips Fresh or Chilled Fruit Assorted Milk		
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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.

liftoffsplayground.com

BVP Breakfast Menu

MONDAY:	Mini Pancakes
TUESDAY:	Cereal Bars
WEDNESDAY:	Cinna Minis
THURSDAY:	Assorted Muffins
FRIDAY:	Mini French Toast

Menu Item Descriptions

Lift off Spinach Salad- Spinach, Boiled Eggs, Chickpeas, Carrots, Tomato, Mozzarella Cheese

Chef Salad- Lettuce, Tomato, Cucumber, Cheese, Turkey, Ham, Egg

Charlie Tuna Salad- Lettuce, Tuna Salad, Tomato, Cucumber

Peppi Pizza Salad- Lettuce, Pepperoni, Ham, Cheddar, Tomato

Asian Chicken Salad w/ Noodles-Lettuce, Chicken, Mandarin Oranges, Crunchy Noodles Greek

Chicken Wrap- Chicken, Lettuce, Tomato, Chickpeas, Cucumbers, Olives, Tortilla Wrap Open

Faced Turkey- Sliced Turkey on Bread w/ Gravy

South West Wrap- Mexican Seasoned Chicken, Lettuce, Chipotle Mayo, Olives, Tomatoes, Cheddar Cheese Wrapped in Tortilla

Pretzel Chicken Salad- Lettuce, Chicken, Apple, Cranberries, Strawberries, Honey Mustard

Yogurt, Pretzel Goldfish

Minnie Mouse Salad- Lettuce, Mozzarella Cheese, Tomato, Green Peppers

Fun on the Run- Soft Pretzel, Yogurt, Cheese Stick & Fresh Fruit

Breakfast For Lunch!- French Toast Sticks, Sausage, Home Fried Potatoes

Sweet & Sour Chicken- Diced Chicken in Sweet & Sour Sauce

Breakfast Egg Burrito- Scramble Eggs & Cheese Wrapped in a Flour Tortilla

General Tso' Chicken- Breaded Chicken in General Tso Sauce

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.



Monthly Observances:
National Soup Month

- 1st- New Year's Day
- 2nd- Winter Recess
- 6th- Bean Day
- 11th- Milk Day
- 15th- Martin Luther King Day

Prices:

- Breakfast: \$1.00
- Lunch: \$2.35
- Milk / Water: \$0.50

