

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.

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Cumberland Breakfast Menu

MONDAY:	Mini Pancakes
TUESDAY:	Mini Cinnamon Rolls
WEDNESDAY:	Fruit & Yogurt Parfaits
THURSDAY:	Breakfast Pizza
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
6th- Bean Day
11th- Milk Day
15th- Martin Luther King Day

Prices:

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

