
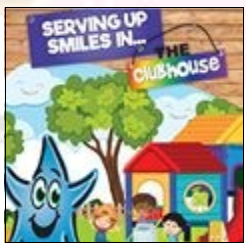


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>So Happy</b> Sodexo's menu app with nutrition and allergen information!</p>	<p>1 Holiday Winter Break</p>	<p>2 Holiday Winter Break</p>	<p>3 Holiday Winter Break</p>	<p>4 Holiday Winter Break</p>
<p>7 Teriyaki Chicken &amp; Brown Rice Bean &amp; Cheese Enchirito <b>V</b> Turkey &amp; Cheese Sub</p>	<p>8 Grab &amp; Go Tuesday PB&amp; J Uncrustable <b>V</b></p>	<p>9 Teriyaki Beef Dippers &amp; Brown Rice Turkey Hot Dog Chicken Caesar Wrap Cookie Day</p>	<p>10 Crispy Chicken Sandwich Or Spicy Chicken Sandwich Cheese Pizza <b>V</b> Berry Blend Parfait <b>V</b></p>	<p>11 Beefy Cheesy Nachos Italian Dunkers &amp; Marinara Sauce <b>V</b> American Sub</p>
<p>14 Orange Popcorn Chicken &amp; Brown Rice Cheeseburger Yogurt, String Cheese, &amp; Giant Cinnamon Goldfish Graham <b>V</b></p>	<p>15 Grab &amp; Go Tuesday Galaxy Cheese Pizza <b>V</b></p>	<p>16 Turkey Gravy with Mash Potatoes &amp; Roll Crispy Chicken or Spicy Chicken Sandwich Egg Sandwich <b>V</b> Cookie Day</p>	<p>17 Crispy Chicken Tenders &amp; Seasoned Fries Pepperoni Pizza Tropical Parfait <b>V</b></p>	<p>18 Chili Cheese Fries RIB Q Sandwich Protein Pack and Sunflower Seeds <b>V</b></p>
<p>21 Holiday</p>	<p>22 Grab &amp; Go Tuesday Bean &amp; Cheese Burrito <b>V</b></p>	<p>23 Teriyaki Beef Dippers &amp; Brown Rice Turkey Hot Dog Chicken Caesar Wrap Cookie Day</p>	<p>24 Crispy Chicken Sandwich Or Spicy Chicken Sandwich Cheese Pizza <b>V</b> PB&amp; J Sandwich or <b>V</b> SB &amp; Jelly Sandwich <b>V</b></p>	<p>25 Beefy Cheesy Nachos Italian Dunkers &amp; Marinara Sauce <b>V</b> American Sub</p>
<p>28 Orange Popcorn Chicken &amp; Brown Rice Cheeseburger Yogurt, String Cheese, &amp; Giant Cinnamon Goldfish Graham <b>V</b></p>	<p>29 Grab &amp; Go Tuesday Chicken Corn Dog</p>	<p>30 Turkey Gravy with Mash Potatoes &amp; Roll Crispy Chicken or Spicy Chicken Sandwich Egg Sandwich <b>V</b> Cookie Day</p>	<p>31 Crispy Chicken Tenders &amp; Seasoned Fries Pepperoni Pizza PB&amp; J Sandwich or <b>V</b> SB &amp; Jelly Sandwich <b>V</b></p>	

We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates

This institution is an equal opportunity provider.

For menu nutritional information and foods containing common food allergens please contact: [www.crpUSD.org](http://www.crpUSD.org)

## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) **Aerobic Activity** – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) **Muscle Strengthening** – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) **Bone Strengthening** – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sofso 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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st Week</b> Blueberry Bagel & Cream Cheese	Breakfast Pizza <b>Year Round</b> Blueberry Muffin	Cinnamon Bun	Mini Banana Tropical Loaf	Ultimate Breakfast Round
<b>2nd Week</b> Cinnamon Bun	Pancake on a Stick <b>Year Round</b> Mini Strawberry Bagel	Benefit Bar Oatmeal Chocolate Chip	Pan Dulce Concha	Mini Cinnamon Bagel
<b>Additional Items Offered for Breakfast Daily!!</b>				
<ul style="list-style-type: none"> <li>• Assorted Cereals offered with Graham Crackers, String Cheese, or Sun-flower Seeds</li> <li>• Fresh Fruit, Orange Juice, Raisins &amp; Assorted Milk</li> </ul>				

### 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.



### MENU PRICING:

Student Breakfast \$2.00 / Reduced Price \$ .30

Student Lunch \$3.00 / Reduced price \$ .40

Online Payment can be made at:

[www.myschoolbucks.com](http://www.myschoolbucks.com)

The Nutrition services department is encouraging parents to prepay for school lunch so we can serve your students faster in the cafeteria. If you have any questions, please call Nutrition Services.

**Applications for free and reduced lunches are available in the school offices. New applications need to be filled out each school year for every household.**

Nutrition Information is available upon request.

### Questions or Ideas?

Please contact

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