



# Silver Falls School District- Hot Supper

# JAN 2022

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Fish Nuggets w/ WG Roll Fresh Apples Broccoli Florets Asst. Milk	Sloppy Joe Blueberries Baby carrots Asst. Milk	Soft Chicken Taco Apple Juice Celery Sticks Asst. Milk	BBQ Pork Riblet Sandwich Fresh Oranges Baby Carrots Asst. Milk	Turkey & Cheese Melt Raisin Box Broccoli Florets Asst. Milk

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<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Pretzel & Cheese Sauce Diced Pears Broccoli Florets Asst. Milk	Zenners* Hot Dog Orange Smiles Baby Carrots Asst. Milk	BBQ Pulled Pork Sandwich Diced Peaches Celery Sticks Asst. Milk	Chicken Quesadilla Apple Juice Broccoli Florets Asst. Milk	Grilled Cheese Sandwich Fruit Cocktail Broccoli Florets Asst. Milk

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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>NO SCHOOL</b>	Cheeseburger Unsweetened Applesauce Baby Carrots Asst. Milk	Turkey & Cheese Melt Diced Peaches Celery Sticks Asst. Milk	Chicken Nuggets Fresh Oranges Baby Carrots Asst. Milk	Bean & Cheese Burrito Fruit Cocktail Broccoli Florets Asst. Milk

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<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Corn Dog Fresh Apples Broccoli Florets Asst. Milk	Soft Beef Taco Fresh Oranges Baby Carrots Asst. Milk	Chicken Burger Apple Juice Celery Sticks Asst. Milk	Popcorn Chicken Fresh Oranges Broccoli Florets Asst. Milk	Zenners * Hot Dog Fruit Cocktail Baby Carrots Asst. Milk

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<b>31</b>				
Fish Nuggets w/ WG Roll Diced Pears Broccoli Florets Asst. Milk				

## Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

**Source:** <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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](http://liftoffsplayground.com)

## Planning Matters

Typically, when a person is preparing for something important, they plan. Maybe they are preparing for a presentation, helping their child excel in a sport or gearing up for a special vacation. Typically, if we want it, we prepare to get it. However, when it comes to health and finances, planning is often left to chance. How often have you rushed into the grocery store without a plan? Without a meal plan and a grocery list, food items get thrown into the cart without consideration of the nutritional value, the impact on the waistline or understanding of how it will sustain energy levels. It's truly a missed opportunity to take control of your health, your energy and your wallet. Planning your life, and your nutrition plan, is one of the most powerful and effective ways to attain what you want. Nobody plans to fail; they simply fail to plan. There are several resources to help you better prepare for your next trip to the store. It could be as simple as selecting five meals you want to make and then writing down the ingredients. There are also online recipe resources that will build a grocery list as you select recipes you love. Another free resource is offered by the government website called ChooseMyPlate. For more information, visit <https://www.choosemyplate.gov/budget-grocery-list>.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Nutrition Information is available upon request.

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### BREAKFAST MENU

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