INSPIRE CAFÉ

Mercer High School

JAN 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1%, Fat Free Chocolate) Menu Subject to Change	**Thrive Garden Bar** **Daily:** Romaine or Spinach Salad **Monday:** Carrot Sticks **Tuesday:** Chilled Corn Salad **Wednesday:** Broccoli Dippers **Thursday**: Bean Salad & Carrots **Friday:** Celery Sticks		**2** Chicken & Cheese Taquitos Chicken Tenders Cheese Pizza Turkey Club Sandwich Chef's Salad Vegetarian Refried Beans	**3** Twin Hot Dog Cheeseburger Cheese Pizza Turkey & Cheese Sandwich Chef's Salad Green Pepper Strips
6 **BREAKFAST FOR LUNCH** Fluffy Pancakes with Egg Omelet Bacon Cheeseburger Cheese Pizza Italian Sub Chicken Caesar Salad Cinnamon Sweet Potatoes	**7** Triple Dipper: Chicken Nuggets, Pretzel Nuggets, Tater Tots Chicken Patty Cheese Pizza Italian Sub Chicken Caesar Salad Tater Tots	**8** Spaghetti & Meat Sauce Cheeseburgers Pepperoni Pizza Italian Sub Chicken Caesar Salad Roasted Broccoli		**10** Popcorn Chicken Bowl Hot Ham & Cheese Sliders Cheese Pizza Italian Sub Chicken Caesar Salad Parmesan Green Beans
13 Cheesy Garlic Flatbread Cheeseburgers Cheese Pizza Turkey & Cheese Sub Garden Salad w/Cheese & Roll Sweet Potato Wedges	**14** Buffalo Chicken Bites, Pretzel Sticks, Waffle Fries Grilled Pretzel Melt Cheese Pizza Turkey & Cheese Sub Garden Salad w/ Cheese & Roll Baked French Fries	**15** Chicken Parm. Sub Chicken Tenders Cheese Pizza Turkey & Cheese Sub Garden Salad w/Cheese & Roll Caesar Side Salad	**16** Nachos Supreme with Meat, Cheese & Salsa Chicken Patty Sandwich Cheese Pizza Garden Salad w/Cheese & Roll Southwest Black Beans	**17** BBQ Chicken Cheesesteak Fish and Chips Cheese Pizza Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Cucumber Coins
	21 Roasted Chicken in a Basket with Buttermilk Biscuit Twin Hot Dog Cheese Pizza Ham & Cheese Sub Chicken Caesar Salad Waffle Fries	**22** Old Fashioned Mac & Cheese Hot Crispy Buffalo Chicken Wrap Cheese Pizza Ham & Cheese Sandwich Chicken Caesar Salad Steamed Broccoli & Stewed Tomatoes	**23** Soft Tacos with Rice, Cheese, Lettuce & Tomato Pulled BBQ Sandwich Pepperoni Pizza Ham & Cheese Sandwich Chicken Caesar Salad Roasted Chickpeas	**24** General Tso Chicken Grilled Cheese with Tomato Soup Cheese Pizza Ham & Cheese Sandwich Chicken Caesar Salad Steamed Green Beans
27 **BREAKFAST FOR LUNCH** French Toast Sticks with Sausage Cheeseburger Cheese Pizza Tuna Sub Chicken Caesar Salad Sweet Potato Fries	**28** Boneless Chicken Bites Chicken Patty Sandwich Sausage Pizza Tuna Sub Chicken Caesar Salad Emoji Fries	**29** Orange Chicken Take-Out with Rice Philly Cheese steak Cheese Pizza Tuna Sub Chicken Caesar Salad Asian Style Broccoli	**30** Chicken Fajitas w/soft tortilla Chicken Patty Sandwich Cheese Pizza Tuna Sub Chicken Caesar Salad Southwest Black Beans	**31** Buffalo Chicken Flatbread Meatball Sub Cheese Pizza Tuna Sub Chicken Caesar Salad Roasted Zucchini

This institution is an equal opportunity provider.

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*.

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. Its 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

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes(cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt(plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives(minced)
- 1 T Parsley(minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

PAID LUNCH PRICE $3.00
REDUCED PRICED LUNCH $.40
PAID BREAKFAST $1.65
REDUCED PRICE BREAKFAST $.30