

### MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)

Menu Subject to Change

### TUESDAY

### WEDNESDAY

### THURSDAY

1

1/2 Day  
Bag Lunch

Deli sandwich  
Carrot Sticks  
Fruit  
Milk/Juice

### FRIDAY

2

French Bread Pizza  
(cheese or pepperoni)

Steamed Mixed Vegetables

Offered Daily 1/29-2/2:

5

Hot Dog

Sweet Potato Fries

6

Taco Tuesday  
Beef Tacos  
w/ Spanish Rice

Steamed Corn

7

Meatball Parm Sub

Roasted Broccoli & Red Peppers

8

Boneless Chicken Bites  
w/ Dinner Roll

Black Bean & Corn Salsa

9

Old School Cheese Pizza

Steamed Green Beans

Offered Daily 2/5-2/9:

12

Breakfast for Lunch

French Toast Sticks  
w/ Turkey Sausage & Syrup

Sweet Potato Wedges

13

Hometown Corn Dog Bites

Roasted Corn & Red Pepper Salad

14

Cheese Burger On A Bun

Sautéed Spinach

15

Crispy Chicken Drumstick  
w/ Dinner Roll

Vegetarian Baked Beans

16

SCHOOL CLOSED

Offered Daily 2/12-2/16

19

SCHOOL CLOSED

20

Chicken Nuggets  
w/ Dinner Roll

Sweet Potato Fries

21

Grilled Ham & Cheese Sandwich

Roasted Broccoli & Carrots

22

Chicken & Waffles  
w/ Syrup

Confetti Bean Salad

23

French Bread Pizza  
(cheese or pepperoni)

Parmesan Green Beans

Offered Daily 2/19-2/23:

26

Hot Dog

Sweet Potato Fries

27

Taco Tuesday

Chicken Fajita Tacos  
w/ Spanish Rice

Steamed Corn

28

Mac & Cheese  
w/ Dinner Roll

Sautéed Spinach

29

Popcorn Chicken  
w/ Dinner Roll

Asian Chickpeas



Offered Daily 2/26-2/29:



## Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% within a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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

## Be Active for American Heart Month

It's Heart Month and a perfect time to create a plan of daily exercise for yourself and your kids. Physical activity is good for children's bodies. It promotes growth and development and should be encouraged throughout the day for younger children (ages 3 to 5). At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles, build endurance and maintain a healthy weight. There's mounting evidence that moderate to vigorous physical activity also helps boost children's critical thinking skills, grade point averages and standardized test scores.

Plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This amount of time can be done at once or accumulated with shorter chunks throughout the day. Try to select activities your kids enjoy. Consider jumping rope, playing hopscotch, throwing a frisbee, walking the dog, jogging, bike riding, etc. The key is to have fun so that activity becomes associated with positive experiences. Remember to also praise, reward and encourage your kids' physical activity by providing the equipment and inspiration they need.

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

### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



So Happy

Nutrition Information is available upon request.