

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



2

3

Breakfast:
Whole Grain Pancakes (v)

Lunch:
Chicken Alfredo Pasta
Crispy Chicken Nuggets w/ WG Roll
Double Berry Parfait (v)

4

Breakfast:
Yogurt Cup w/ Graham Crackers(v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Fish & Chips
Sunbutter & Jelly Sandwich (v)

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

5

Breakfast:
Cinnamon Sugar Pancake Bites (v)

Lunch:
Cheesy Breadsticks w/ Marina Sauce (v)
BBQ Pork Riblet Sandwich
Fruit & Yo To-Go Box (v)

6

Breakfast:
Cheesy Egg Quesadilla (v)

Lunch:
Choice of Hamburger, Cheeseburger or Veggie Burger (v)
Cheese Ravioli w/ WG Roll (v)
Deli Stackables Box

7

Breakfast:
Assorted Muffins (v)

Lunch:
Corn Dog
Fiesta Salad w/ Tortilla Chips
Sunbutter & Jelly Sandwich (v)

8

Breakfast:
Apple Frudel Stick (v)

Lunch:
Crispy Chicken Sandwich
Garden Salad with Egg & Cheese and WG Roll (v)
Just Peachy Parfait

9

Breakfast:
French Toast Sticks & Scrambled Eggs

Lunch:
Cheese (v) or Pepperoni Pizza
Taco Burger
Turkey & Cheese Sandwich

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

12

Breakfast:
Waffle & Scrambled Eggs (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Chef Salad w/ WG Roll
Marinara Meatball Sub

13

Breakfast:
Sausage Breakfast Pizza

Lunch:
Breakfast for Lunch: French Toast Sticks & Sausage
Turkey Soft Taco
Italian Sub Sandwich

14

Breakfast:
Potato, Egg & Ham Breakfast Bowl w/ Toast

Lunch:
Sweet & Sour Chicken Rice Bowl
Chef Salad w/ WG Roll
Sunbutter & Jelly Sandwich

15

Breakfast:
Build Your Own Oatmeal Bowl (v)

Lunch:
Cheesy Breadsticks w/ Marinara Sauce (v)
Crispy Chicken Wrap
Pinwheel Party Box

16

NO SCHOOL

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

19

**PRESIDENT'S DAY
NO SCHOOL**

20

Breakfast:
Mini Maple Waffles (v)

Lunch:
Crispy Chicken Sandwich
Peppi Pizza Salad w/ WG Roll
Sunbutter & Jelly Sandwich (v)

21

Breakfast:
Ham & Cheese English Muffin

Lunch:
Carolina BBQ Pork Sandwich
Soft Pretzel w/ Cheese Sauce (v)
Turkey & Cheese Sandwich

22

Breakfast:
Breakfast Banana Split (v)

Lunch:
Turkey & Gravy over Whipped Potatoes w/ WG Roll
Corn Dog
American Sandwich

23

Breakfast:
Yogurt Cup & Graham Crackers (v)

Lunch:
Fish & Chips
Cheese Pizza (v) or Pepperoni Pizza
Ham & Cheese Sandwich

Vegetarian items marked with (v)

26

Breakfast:
French Toast Sticks & Scrambled Eggs (v)

Lunch:
Choice of Hamburger, Cheeseburger or Veggie Burger (v)
Turkey Tot'chos w/ WG Roll
Turkey & Cheese Sandwich

27

Breakfast:
Sausage Breakfast Pizza

Lunch:
Glazed Chicken Drumstick w/ WG Roll
Turkey Soft Taco
Chef Salad w/ WG Roll

28

Breakfast:
Assorted Muffins (v)

Lunch:
Popcorn Chicken Bowl w/ WG Roll
Blueberry Patch Parfait (v)
Ham & Cheese Sandwich

29

Breakfast:
Sausage & Egg Breakfast Burrito

Lunch:
Spaghetti w/ Meaty Marinara
Crispy Chicken Sandwich
Chicken Caesar Salad w/ WG Roll

Vegetarian items marked with (v)

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.

liftoffsplayground.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

PEACH SALAD WITH BASIL VINAIGRETTE

- 4 c Romaine lettuce(1" slices)
- 2 Peaches (medium/seeded/sliced ¼" thickness)
- ½ Cucumber (peeled/sliced thin/ in rounds)
- ¼ c Onion (sliced thin)
- 1/3 c Salad oil(light)
- 1 ½ T Lemon juice
- 2 t Honey
- 2 T Fresh basil(chiffonade)
- Salt and Pepper to taste

1. Prepare ingredients as directed.
2. In medium bowl place lettuce, peaches, cucumber and onion.
3. In small bowl mix oil, lemon juice, honey, basil and salt and pepper.
4. When ready to serve, toss the salad with the dressing.



Nutrition Information is available upon request.

