

MONDAY

**BLACK
HERITAGE
MONTH**



TUESDAY



WEDNESDAY

1

Chefs Choice

THURSDAY

2

Chefs Choice

FRIDAY

3

Chefs Choice

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

6

Breakfast:

French Toast (v)

Lunch:

Meatball Marinara Sub
Chicken Nuggets with WG Roll
Chef Salad with WG Rolls
Peanut Butter and Jelly Sandwich (v)

7

Breakfast:

Ultimate Breakfast Round (v)

Lunch:

Taco Tuesday: Soft Taco
Chicken Nuggets w/Roll
Italian Sub
Garden Salad (v)

8

Breakfast:

Pancake on a Stick

Lunch:

Orange Chicken Rice
Hot Dog
Taco Salad with
WG Tortilla Chips
Peanut butter & Jelly Sandwich (v)

9

Breakfast:

Apple Frudel (v)

Lunch:

Cheesy Breadsticks with Marinara (v)
Pepperoni Pizza
Crispy Chicken Wrap
Chef Salad w/Roll

10

Breakfast:

WG Cinnamon Roll (v)

Lunch:

Corn Dog
Scratch Made Sloppy Joe
American Sandwich
Chicken Caesar Salad with WG Rolls

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

13

Breakfast:

Pancake Bites (v)

Lunch:

Bean and Cheese Burrito (v)
Hamburger or Cheeseburger w/Fries
Ham and Cheese sandwich
Garden Salad w/Roll

14

Breakfast:

Biscuit with Gravy

Lunch:

Macaroni and Cheese
Corn Dog
Peanut Butter and Jelly Sandwich (v)
Taco Salad with Tortilla Chips

15

Breakfast:

Bagel w/Cream Cheese

Lunch:

Bean Cheese Nachos
Chicken Sandwich
Turkey & Cheese Sandwich
Chef Salad with WG Rolls

16

Breakfast:

Breakfast Round (v)

Lunch:

Cheese Pizza
Cheese Quesadilla
American Sandwich
Chef Salad w/Roll

17

Breakfast:

Assorted Muffin
(v)

Lunch:

Cheesy Breadsticks
Fish & Chips
Southwest Chicken Wrap
Ham & Cheese Sandwich

20

No School

21

Breakfast:

Assorted Muffin (v)

Lunch:

National Taco Day: Soft Taco
Bean and Cheese Burrito
Peanut butter & Jelly Sandwich (v)
Chef Salad with WG Rolls

22

Breakfast:

Ultimate Breakfast Round (v)

Lunch:

Spaghetti Pasta
Hot Dog w/Fries
Ham & Cheese Sandwich
Garden Salad w/Roll (v)

23

Breakfast:

Yogurt Parfait

Lunch:

Popcorn Chicken w/Roll
Pepperoni Pizza
Chicken Caesar Salad with WG Rolls
Turkey & Cheese Sandwich

24

Breakfast:

Bagel w/Cream Cheese (v)

Lunch:

Chicken & Waffles
Chicken Sandwich
Ham and Cheese Sandwich
Peanut Butter and Jelly sandwich

27

Breakfast:

Apple Frudel (v)

Lunch:

Orange Chicken over Rice
Cheesy Breadsticks (v)
Turkey & Cheese Sandwich
Garden Salad

28

Breakfast:

Pancake Sausage on a Stick

Lunch:

Cheese Pizza
Hamburger and Cheeseburger w/fries
Ham and Cheese Sandwich
Chef Salad w/ WG Rolls



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.

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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

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.

SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: ES \$X.XX MS: \$X.XX HS: \$X.XX

LUNCH:

PAID: ES: \$X.XX MS: \$X.XX HS: \$X.X



Nutrition Information is available upon request.