

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Spaghetti with Beef Meatballs
Applesauce
Green Beans (v)
Cucumber Coins
Variety of Milk

2

Chicken Soft Tacos
Apple
Tater Tots (v)
Baby Carrots
Variety of Milk

3

Turkey Dog
Orange
Herb Roasted Carrots (v)
Celery Sticks
Variety of Milk

4

Chicken Pot Pie
Apple
Corn (v)
Fresh Broccoli
Variety of Milk

5

Chicken Philly Sub
Applesauce
Charro Beans
Baby Carrots
Variety of Milk

8

Cheeseburger
Apple
Vegetarian Baked Beans (v)
Cucumber Coins
Variety of Milk

9

Baked Ziti with Dinner Roll
Applesauce
Corn (v)
Baby Carrots
Variety of Milk

10

Baked Penne Pasta with Dinner Roll
(v)
Orange
Herb Roasted Carrots (v)
Fresh Broccoli
Variety of Milk

11

Chicken Craisin Salad Wrap
Veggie Lovers Wrap (v)
Apple
Carrots
Celery Sticks
Variety of Milk

12

15

16

17

18

19

22

Turkey Breast and Cheese Sub
Apple
Herb Roasted Carrots (v)
Cucumber Coins
Variety of Milk

23

Smothered Bean and Cheese Burrito
(v)
Applesauce
Charro Beans
Baby Carrots
Variety of Milk

24

Beef Meatloaf with Dinner Roll
Orange
Mashed Potatoes (v)
Baby Carrots
Variety of Milk

25

Beefy Macaroni with Dinner Roll
Apple
Green Beans (v)
Fresh Broccoli
Variety of Milk

26

Chicken Enchilada Bake
Orange
Corn (v)
Baby Carrots
Variety of Milk

29

Mini Cheese Ravioli with Dinner Roll
(v)
Apple
Herb Roasted Carrots (v)
Cucumber Coins
Variety of Milk

30

Bean and Cheese Burrito (v)
Orange
Baby Carrots
Mexican Black Beans (v)
Variety of Milk

31

Chicken Cesar Wrap
Apple
Green Beans (v)
Celery Sticks
Variety of Milk

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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.liftoffplayground.com

Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

Ruth Fertel was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Chris' Steak House. Today, there are more than 80 Ruth Chris Steak House locations in the U.S. and overseas.

Julia Child was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

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

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.

*All menu items subject to change.



10% post-consumer



Please look for these icons in your cafeteria.



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BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Frosted Cinnamon Poptart (v) Orange 1% White Milk | Strawberry Cheerios Bar (v) Apple Juice 1% White Milk | Cereal and Graham Crackers (v) Apple 1% White Milk | Blueberry Muffin (v) Apple Juice 1% White Milk | Breakfast Wrap Orange Juice 1% White Milk |
| Cereal and Graham Crackers (v) Orange 1% White Milk | Cherry Frudel Stick (v) Orange Juice 1% White Milk | Cocoa Puffs Cereal Bar (v) Apple Juice 1% White Milk | Cereal and Graham Crackers (v) Apple 1% White Milk | |
| | | | | |
| Frosted Cinnamon Poptart (v) Apple Juice 1% White Milk | Strawberry Cereal Bar (v) Apple Juice 1% White Milk | Cereal and Graham Crackers (v) Apple 1% White Milk | Blueberry Muffin (v) Apple Juice 1% White Milk | Breakfast Wrap Orange Juice 1% White Milk |
| Cereal and Graham Crackers (v) Orange 1% White Milk | Cherry Frudel Stick (v) Orange Juice 1% White Milk | Cocoa Puffs Cereal Bar (v) Apple Juice 1% White Milk | | |

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