

KIPP Texas Curbside

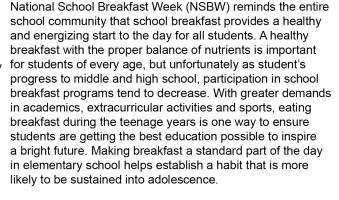


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
1	2	3	4	5			
Spaghetti with Beef Meatballs Applesauce Green Beans (v) Cucumber Coins Variety of Milk	Chicken Soft Tacos Apple Tater Tots (v) Baby Carrots Variety of Milk	Turkey Dog Orange Herb Roasted Carrots (v) Celery Sticks Variety of Milk	Chicken Pot Pie Apple Corn (v) Fresh Broccoli Variety of Milk	Chicken Philly Sub Applesauce Charro Beans Baby Carrots Variety of Milk			
8	9	10 Baked Penne Pasta with Dinner Roll	11 Chicken Craisin Salad Wrap	12			
Cheeseburger Apple Vegetarian Baked Beans (v) Cucumber Coins Variety of Milk	Baked Ziti with Dinner Roll Applesauce Corn (v) Baby Carrots Variety of Milk	(v) Orange Herb Roasted Carrots (v) Fresh Broccoli Variety of Milk	Veggie Lovers Wrap (v) Apple Carrots Celery Sticks Variety of Milk				
15	16	17	18	19			
22	23	24	25	26			
Turkey Breast and Cheese Sub Apple Herb Roasted Carrots (v) Cucumber Coins Variety of Milk	Smothered Bean and Cheese Burrito (v) Applesauce Charro Beans Baby Carrots Variety of Milk	Beef Meatloaf with Dinner Roll Orange Mashed Potatoes (v) Baby Carrots Variety of Milk	Beefy Macaroni with Dinner Roll Apple Green Beans (v) Fresh Broccoli Variety of Milk	Chicken Enchilada Bake Orange Corn (v) Baby Carrots Variety of Milk			
29	30	31					
Mini Cheese Ravioli with Dinner Roll (v) Apple Herb Roasted Carrots (v) Cucumber Coins Variety of Milk	Bean and Cheese Burrito (v) Orange Baby Carrots Mexican Black Beans (v) Variety of Milk	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





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.liftoffsplayground.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.







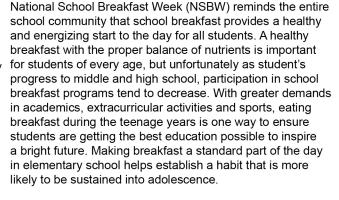




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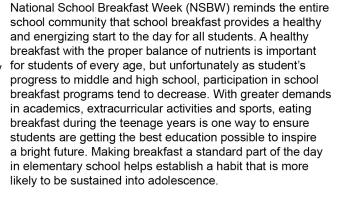




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BREAKFAST MENU

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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	
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