

MONDAY



TUESDAY



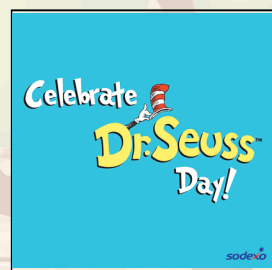
WEDNESDAY



THURSDAY



FRIDAY



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

Breakfast: 4
Sausage Pancake on a Stick
Lunch:
Teriyaki Chicken over Brown Rice offered with
Roasted Broccoli & Carrots
or
Sunbutter & Jelly Sandwich (v)

Breakfast: 5
Apple Frudel (v)
Lunch:
Brunch for Lunch:
Pancakes w/ Sausage,
Fruit & Yo To-Go Box (v)
or
Chef Salad w/ WG Rolls

Breakfast: 6
Egg & Cheese English Muffin (v)
Lunch:
Big City Bites San Francisco featuring California BLT,
Cheese Nachos
offered with Refried Beans(v)
or
Italian Sub Sandwich

Breakfast: 7
Whole Grain Pancake w/ Scrambled Eggs (v)
Lunch:
Crispy Chicken Nuggets w/ WG Roll offered with
Seasoned Green Beans
or
American Sandwich

Breakfast: 8
Green Eggs, Ham & WG Toast
Lunch:
Cheese Pizza (v) or Pepperoni Pizza
or
Poppin' Chicken Salad w/ WG Roll

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese and Variety of Whole Grain Cereals w/ Cheese Stick or Graham Crackers

Breakfast: 11
Cinnamon Sugar Pancake Bites (v)
Lunch:
Pork Rib-b-Que Sandwich offered with Baked Beans
or
Ham & Cheese Sandwich

Breakfast: 12
Egg & Cheese Quesadilla (v)
Lunch:
Cheese Raviolis w/ WG Roll (v) offered with
Roasted Mixed Vegetables
or
Deli Stackables

Breakfast: 13
Sausage Biscuit Sandwich
Lunch:
Corn Dog offered with Tater Tots,
Sunbutter & Jelly Sandwich (v)
or
Fiesta Salad w/ Tortilla Chips

Breakfast: 14
Breakfast Protein Power Up Pack Box
Lunch:
Crispy Chicken Burger offered with French Fries
or
Fresh Garden Salad w/ WG Rolls (v)

Breakfast: 15
Homemade French Toast w/ Scrambled Eggs (v)
Lunch:
Cheese Pizza (v) or Pepperoni Pizza
or
Turkey & Cheese Sandwich

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



Breakfast: 19
Sausage Breakfast Pizza
Lunch:
Brunch for Lunch:
French Toast Sticks w/ Sausage offered and Tater Tots
or
Italian Sub Sandwich

Breakfast: 20
Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast
Lunch:
Big City Bites San Francisco featuring California BLT,
Hot Dog offered with French Fries
or
Sunbutter & Jelly Sandwich (v)

Breakfast: 21
Peach Oven Baked Oats (v)
Lunch:
Cheesy Breadsticks w/ Marinara (v),
Crispy Chicken Wrap
or
Pinwheel Party Box

Breakfast: 22
Iced Whole Grain Cinnamon Roll (v)
Lunch:
Scratch Cheese (v) or Pepperoni Pizza
or
Chicken Caesar Salad w/ WG Rolls

Vegetarian items marked with (v)

Breakfast: 25
Breakfast Protein Pack Box
Lunch:
Bean & Cheese Burrito (v) w/ Salsa
or
Breakfast Protein Power-Up (v)

Breakfast: 26
Mini Maple Waffles (v)
Lunch:
Crispy Chicken Burger offered with French Fries,
Peppi Pizza Salad w/ WG Rolls
or
Sunbutter & Jelly Sandwich (v)

Breakfast: 27
Ham & Cheese English Muffin
Lunch:
Chicken Posole w/ Tortilla Chips,
Chef Salad w/ WG Rolls
or
Turkey & Cheese Sandwich

Breakfast: 28
Breakfast Protein Power Up Pack Box
Lunch:
Corn Dog offered with Tater Tots
or
American Sandwich

Breakfast: 29
Cinnamon & Sugar Donut Round
Lunch:
Scratch Cheese (v) or Pepperoni Pizza
or
Ham & Cheese Sandwich

Menu subject to change without warning based on product availability.

This institution is an equal opportunity provider.

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.

liftoffstplayground.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

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

freshpick
for better health
by sodexo



School Meal Prices:

All students are eligible to receive student meals at no cost.

BREAKFAST: Extra entrée or entrée only - \$2.00~**LUNCH:** Extra entrée - \$3.00

Milk Only (purchased without a meal) at breakfast or lunch \$.40

Adult Breakfast \$3.25~Adult Lunch \$5.00

Nutrition Information is available upon request.

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