

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Breakfast:
Buttermilk Pancakes
w/ Syrup
Lunch:
Baked Penne Pasta
offered w/ Seasoned
Green Beans
or
American Sandwich

2
Breakfast:
Scratch Made
Banana Muffin Top
Lunch:
Cheese (v) or Pepperoni
Pizza
or
Sunbutter & Jelly
Sandwich

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



6
Breakfast:
Egg & Cheese
Quesadilla
Lunch:
Hamburger or Cheeseburger
w/ French Fries
or
Deli Stackables Box

7
Breakfast:
Sausage & Cheese Biscuit
Lunch:
Orange Chicken Nuggets
over Brown Rice
offered w/ Roasted Broccoli
or
Sunbutter & Jelly Sandwich

8
Breakfast:
Apple Frudel
Lunch:
Macaroni & Cheese
or
Garden Salad
w/ WG Rolls

9
Breakfast:
Scratch Made French Toast
w/ Syrup
Lunch:
Cheese (v) or Pepperoni
Pizza
or
Turkey & Cheese
Sandwich

Daily Breakfast Entrees: Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Cheese Stick or Graham Crackers

12
Breakfast:
Waffles w/ Fruit Compote
and Syrup
Lunch:
Chicken Nuggets
w/ WG Roll
or
Chef Salad
w/ WG Rolls

13
Breakfast:
Breakfast Pizza
Lunch:
Breakfast for Lunch:
French Toast Sticks
& Sausage Patty
or
Italian Sub Sandwich

14
Breakfast:
Blueberry Muffin
w/ Cheese Stick
Lunch:
Hot Dog w/ Tater Tots,
Chef Salad w/ WG Rolls
or
Sunbutter & Jelly
Sandwich

15
Breakfast:
Breakfast Protein Box
w/ Sunbutter & Cheese Stick
Lunch:
Turkey & Cheese Nachos
or
Pinwheel Party Box

16
Breakfast:
Cinnamon Roll
w/ Icing
Lunch:
Cheese (v) or Pepperoni
Pizza
or
Chicken Caesar Salad
w/ WG Rolls

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



20
Breakfast:
Yogurt Cup w/ Graham Crackers
Lunch:
Chicken Burger
w/ French Fries,
Peppi Pizza Salad
w/ WG Rolls
or
Sunbutter & Jelly Sandwich

21
Breakfast:
Ham & Cheese
Breakfast Sandwich
Lunch:
Pulled Pork Sandwich
w/ Carolina Sauce & Baked Beans,
Chef Salad w/ WG Rolls
or
Turkey & Cheese Sandwich

22
Breakfast:
Mini Maple Waffles
Lunch:
Corn Dog
w/ Tater Tots
or
American Sandwich

23
Breakfast:
Scratch Made Cranberry & Peach
Muffin Square
Lunch:
Cheese (v) or Pepperoni
Pizza
or
Ham & Cheese
Sandwich

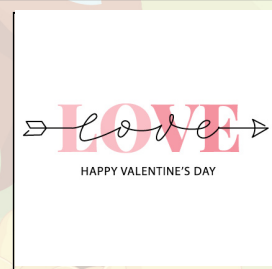
Vegetarian items marked with (v).

26
Breakfast:
French Toast Sticks
Lunch:
Hamburger or Cheeseburger
w/ French Fries
or
Turkey & Cheese
Sandwich

27
Breakfast:
Breakfast Pizza
Lunch:
Glazed Chicken Drumstick
w/ Potato Wedges & WG Rolls,
Chef Salad w/ WG Rolls
or
Sunbutter & Jelly
Sandwich

28
Breakfast:
Apple Cinnamon Muffin
w/ Cheese Stick
Lunch:
Popcorn Chicken Bowl
w/ WG Roll
or
Ham & Cheese
Sandwich

29
Breakfast:
Sausage & Egg Burrito
w/ Salsa
Lunch:
Chicken Burger
w/ Tater Tots,
Chicken Caesar Salad
w/ WG Rolls
or
Italian Stacker Box



Menu subject to change without warning based on product availability..

This institution is an equal opportunity provider.

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

KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.

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.

