

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**1**

**Breakfast:**  
Mini Confetti Pancakes  
**Lunch:**  
Baked Penne Pasta  
offered w/ Seasoned  
Green Beans  
or  
American Sandwich

**2**

**Breakfast:**  
Cinnamon Ultimate  
Breakfast Round  
**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:**  
Yogurt Cup w/ Graham Crackers  
**Lunch:**  
Hamburger or Cheeseburger  
w/ French Fries  
or  
Deli Stackables Box

**7**

**Breakfast:**  
Cereal Bar  
w/ Cheese Stick  
**Lunch:**  
Orange Chicken Nuggets  
over Brown Rice  
offered w/ Roasted Broccoli  
or  
Sunbutter & Jelly Sandwich

**8**

**Breakfast:**  
Blueberry Muffin  
w/ Cheese Stick  
**Lunch:**  
Macaroni & Cheese  
or  
Garden Salad  
w/ WG Rolls

**9**

**Breakfast:**  
Bagel w/ Cream Cheese  
**Lunch:**  
Cheese (v) or Pepperoni  
Pizza  
or  
Turkey & Cheese  
Sandwich

**12**

**Breakfast:**  
Mini French Toast  
**Lunch:**  
Chicken Nuggets  
w/ WG Roll  
or  
Chef Salad  
w/ WG Rolls

**13**

**Breakfast:**  
Chocolate Chip  
Ultimate Breakfast Round  
**Lunch:**  
Breakfast for Lunch:  
French Toast Sticks  
& Sausage Patty  
or  
Italian Sub Sandwich

**14**

**Breakfast:**  
Cereal Bar  
w/ Cheese Stick  
**Lunch:**  
Hot Dog w/ Tater Tots,  
Chef Salad w/ WG Rolls  
or  
Sunbutter & Jelly  
Sandwich

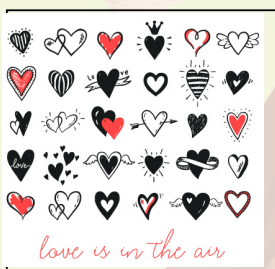
**15**

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Turkey & Cheese Nachos  
or  
Pinwheel Party Box

**16**

**Breakfast:**  
Apple Cinnamon Muffin  
w/ Cheese Stick  
**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:**  
Biscuit w/ Grape Jelly  
**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:**  
Cereal Bar  
w/ Cheese Stick  
**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**

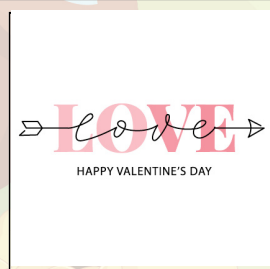
**Breakfast:**  
Yogurt Cup  
w/ Graham Crackers  
**Lunch:**  
Glazed Chicken Drumstick  
w/ Potato Wedges & WG Rolls,  
Chef Salad w/ WG Rolls  
or  
Sunbutter & Jelly  
Sandwich

**28**

**Breakfast:**  
Chocolate Chip  
Ultimate Breakfast Round  
**Lunch:**  
Popcorn Chicken Bowl  
w/ WG Roll  
or  
Ham & Cheese  
Sandwich

**29**

**Breakfast:**  
Cereal Bar  
w/ Cheese Stick  
**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.

