

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Breakfast: Chefs Choice Lunch: Chicken Nuggets Orange Chicken over Rice Turkey & Cheese Sandwich Includes Fruits, Vegetables & Milk</p>	<p>2</p> <p>Breakfast: Apple Frudel Lunch: Cheese Pizza Beef & Cheese Nachos Chef Salad w/WG Roll <i>Includes Fruits, Vegetables & Milk</i></p>	<p>3</p> <p>Breakfast: Egg & Cheese Muffin Lunch: Cheese Quesadilla Chicken Burger LTO: Buffalo Chicken Wrap <i>Includes Fruits, Vegetables & Milk</i></p>	<p>4</p> <p>Breakfast: Pancakes with fruit topping Lunch: Pepperoni Pizza Chili and Corn Bread Italian Sub Fresh Pick: Oranges</p>	<p>5</p> <p>Breakfast: Chefs Choice Lunch: Spaghetti with Meat sauce Corn Dog Chef Salad <i>Includes Fruits, Vegetables & Milk</i></p>
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<p>8</p> <p>Breakfast: Sausage Breakfast Pizza Lunch: Pretzel with Cheese Sauce Chicken Nuggets Ham sandwich Includes Fruits, Vegetables & Milk</p>	<p>9</p> <p>Breakfast: Pancake Bites Lunch: SW Soft Taco Sausage Pizza LTO: Spicy Asian Chicken Wrap <i>Includes Fruits, Vegetables & Milk</i></p>	<p>10</p> <p>Breakfast: Sausage & Cheese Biscuit Lunch: Cheeseburger or Hamburger Macaroni and Cheese Sunbutter & Jelly Sandwich <i>Includes Fruits, Vegetables, & Milk</i></p>	<p>11</p> <p>Breakfast: Fruit & Yogurt Parfait Lunch: Pepperoni Pizza Cheesy Breadsticks w/Marinara Chef Salad w/WG Roll <i>Includes Fruits, Vegetables, & Milk</i></p>	<p>12</p> <p>Breakfast: French Toast Sticks Lunch: Chicken Burger Bean and Cheese Enchiladas Ham sandwich <i>Includes Fruits, Vegetables & Milk</i></p>
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<p>15</p> <p>No School</p>	<p>16</p> <p>Breakfast: Sausage Breakfast Pizza Lunch: Cheese Pizza Bean and Cheese Burritos American Sandwich Fresh Pick: Fresh California Veggie Blend</p>	<p>17</p> <p>Breakfast: Bagel with Cream Cheese Lunch: Hot Dog on a WG Bun Beef and Cheese Nachos LTO: Chicken Caesar Wrap <i>Includes Fruits, Vegetables & Milk</i></p>	<p>18</p> <p>Breakfast: Yogurt Parfait Lunch: Pepperoni Pizza Cheeseburger or Hamburger Turkey Sandwich <i>Includes Fruits, Vegetables, & Milk</i></p>	<p>19</p> <p>Breakfast: WG Cinnamon Roll Lunch: Chefs Choice <i>Includes Fruits, Vegetables & Milk</i></p>
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<p>22</p> <p>Breakfast: Chefs Choice Lunch: Cheese Quesadilla Chicken Burger Sunbutter & Jelly Sandwich <i>Includes Fruits, Vegetables & Milk</i></p>	<p>23</p> <p>Breakfast: Mini Maple Waffles Lunch: Beef and Cheese Nachos Cheese Pizza Italian Sub <i>Includes Fruits, Vegetables & Milk</i></p>	<p>24</p> <p>Breakfast: Chefs Choice Lunch: Bean and Cheese Burritos Corn Dog Chefs Salad <i>Includes Fruits, Vegetables & Milk</i></p>	<p>25</p> <p>Breakfast: Fruit & Yogurt Parfait Lunch: Beef and Cheese Nachos Cheese Pizza Ham & Cheese Sandwich Fresh Pick: Bell Peppers</p>	<p>26</p> <p>Breakfast: WG Donut Lunch: Bean & Cheese Burrito Cheeseburger or Hamburger Chef Salad <i>Includes Fruits, Vegetables & Milk</i></p>
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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% with 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.

liftoffisplayground.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

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.



sodexo



10% post-consumer



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00
LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH
PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.