

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

**Breakfast:**  
Apple or Cherry Frudel (v)  
**Lunch:**  
**Breakfast for Lunch:** Pancakes and Sausage  
Chicken Burger  
Cheese and Pepperoni Pizza  
Fruit & Yo To-GO Box (v)

2

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Bean & Cheese Burritos (v)  
BBQ Chicken Sandwich  
Cheese and Pepperoni Pizza  
Italian Sub

3

**Breakfast:**  
Ham & Cheese English Muffin  
**Lunch:**  
Baked Penne Pasta (v)  
Chicken Nuggets w/ WG Roll  
Cheese and Pepperoni Pizza  
American Sandwich

4

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Corn Dogs  
Fish Po Boy Sub w/Southwest Slaw  
Cheese and Pepperoni Pizza  
Sunbutter & Jelly Sandwich (v)

Breakfast Includes: Choice of entrée listed or cereal bar with string cheese stick, fruit, and milk

7

**Breakfast:**  
Yogurt w/Graham Cracker (v)  
**Lunch:**  
Bean & Cheese Burrito (v)  
Chicken Nuggets w/Roll  
Cheese and Pepperoni Pizza  
Ham & Cheese Sandwich

8

**Breakfast:**  
Mini Maple Pancakes (v)  
**Lunch:**  
Turkey Soft Tacos  
w/Lettuce & Tomato. Cheese  
Quesadilla (v)  
Cheese and Pepperoni Pizza  
American Sandwich

9

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Orange Chicken Rice Bowl  
Corn Dog  
Cheese and Pepperoni Pizza  
Sunbutter & Jelly Sandwich (v)

10

**Breakfast:**  
Mini Blueberry Waffles (v)  
**Lunch:**  
Macaroni & Cheese (v)  
Chicken Burger  
Cheese and Pepperoni Pizza  
Fruit & Yogurt Parfait (v)

11

**Breakfast:**  
Bagel & Cream Cheese (v)  
**Lunch:**  
Cheesey Breadsticks w/Marinara (v)  
Grilled Cheese Sandwich(v)  
Cheese and Pepperoni Pizza  
Turkey & Cheese Sandwich

Lunch Includes: Choice of entrée listed, fruit and vegetable, and milk

14

**Breakfast:**  
Yogurt w/Graham Cracker (v)  
**Lunch:**  
Meatball Marinara Sub Chicken  
Nuggets w/WG Roll  
Cheese and Pepperoni Pizza  
Turkey & Cheese Sandwich

15

**Breakfast:**  
Mini Maple Pancakes (v)  
**Lunch:**  
**Breakfast For Lunch:**  
French Toast Sticks and Sausage  
Chicken Burger  
Cheese and Pepperoni Pizza  
Italian Sub

16

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Sweet & Sour Chicken Rice  
Bowl Hot Dog  
Cheese and Pepperoni Pizza  
Sunbutter & Jelly Sandwich (v)

17

No School

18

No School

All meals for the 2021-2022 school year are FREE to all students

21

No School

22

**Breakfast:**  
Biscuit with Jelly (v)  
**Lunch:**  
Chicken Alfredo Pasta  
Chicken Burger  
Cheese and Pepperoni Pizza  
Sunbutter and Jelly Sandwich (v)

23

**Breakfast:**  
Ham & Cheese Muffin  
**Lunch:**  
Chicken Nuggets w/WG Roll  
Pretzel with Cheese Sauce (v)  
Cheese and Pepperoni Pizza  
Turkey & Cheese Sandwich

24

**Breakfast:**  
Maple Mini Waffles (v)  
**Lunch:**  
Turkey Gravy over Mashed  
Potatoes and WG Rolls  
Corn Dog  
Cheese and Pepperoni Pizza  
American Sandwich

25

**Breakfast:**  
Bagel w/Cream Cheese (v)  
**Lunch:**  
Cheese Quesadilla (v) Fish & Chips  
Cheese and Pepperoni Pizza  
Ham & Cheese Sandwich

28

**Breakfast:**  
Waffles w/Applesauce (v)  
**Lunch:**  
Turkey Tot'Chos with WG Rolls  
Hamburger or Cheeseburger  
Cheese and Pepperoni Pizza  
American Sandwich



#### Schools Offering Breakfast

Alcott, Bell, Blackwell, Clara Barton, Dickinson, Einstein, Ella Baker, Frost, Juanita El, Keller, Lakeview, Mann, Muir, Redmond El, Rose Hill El, Rush, Thoreau, and Twain.

(v) = meatless option

Menu is subject to change 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.

[www.liftoffspayground.com](http://www.liftoffspayground.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

### BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

**NUTRITION FACTS:**  
277 calories, 11g fat,  
263mg sodium, 3g fiber



## 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**

**All meals for the 2021-2022 school year are FREE for all students!**

Nutrition Information is available upon request.