

### MONDAY



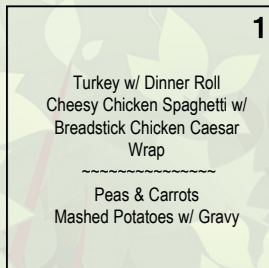
### TUESDAY



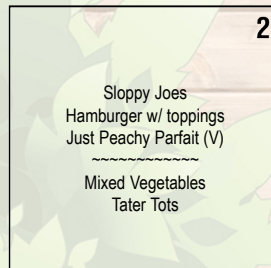
### WEDNESDAY



### THURSDAY



### FRIDAY



Fresh Pick of the Week; Cabbage

5

Chicken & Waffle  
Glazed Drumstick w/  
Biscuit  
Ham & Cheese Sandwich  
Sweet Potato Crinkles  
Baked Cinnamon Apples

6

Italian Dunkers w/ Pizza Sauce (V)  
Lasagna w/ Breadstick  
Buffalo Chicken Wrap  
Parmesan Green Beans  
Roasted Squash/Zucchini  
Chocolate Chip Cookie

7

Bean & Cheese Nachos (V)  
Mexi-Chicken Nachos  
Crispy Chicken Wrap  
Corn Elotes  
Charro Beans

8

Twisted Dog  
Orange Chicken w/ Brown Rice  
Sunbutter & Jelly Sandwich (V)  
Roasted Broccoli  
Tater Tots

9

Cheese Pizza (V)  
Ham & Cheese Melt  
Chicken Caesar Wrap  
Crinkle Fries  
California Blend

Local ingredients used when seasonally available

12

BBQ Riblet Sandwich  
Baked Penne (V) w/ Garlic Knot  
American Sandwich  
Sweet Potato Crinkles  
Roasted Green Beans

13

Cheese Pizza (V)  
Hamburger  
Chicken Caesar Wrap  
Crinkle Fries  
Roasted Broccoli  
Chocolate Chip Cookie

14

Chicken Parmesan Sandwich  
Chicken Nuggets w/ Dinner Roll  
Strawberry Banana Parfait (V)  
Roasted Zucchini/Squash  
French Fries

15

Beefy Totchos  
Cheese Quesadilla (V)  
Crispy Chicken Wrap  
Onion & Pepper Tator Tot Hash  
Mexican Roasted Corn

16

Roasted Broccoli & Cheese Baked  
Potato (V)  
BBQ Glazed Drumstick w/ Twisted  
Breadstick  
Sunbutter & Jelly Sandwich (V)  
Apple Glazed Baby Carrots  
Baked Beans

Variety of fat-free and non-fat milk offered daily

19



20

Professional Day

21

Italian Dunkers (V)  
Meatball Sub  
Pizza Bento Box  
Parmesan Green Beans  
Roasted Squash/Zucchini

22

Corn Dog  
Beef & Cheese Nachos  
Turkey & Cheese Sandwich  
Mexican Black Bean  
Sweet Potato Crinkles

23

Chicken Enchilada Suiza  
Pepperoni Pizza  
Sunbutter & Jelly Sandwich (V)  
Roasted Broccoli & Carrots  
Refried Beans

(V) denotes vegetarian-friendly item

26

Chicken Alfredo Mac w/ Garlic Knot  
Italian Dunker (V) w/ Pizza Sauce  
Pizza Bento Box  
Roasted Green Beans  
Roasted Broccoli

27

Cheese Pizza (V)  
Chicken Quesadilla  
American Sandwich  
Peas & Carrots  
Pinto Beans  
Chocolate Chip Cookie

28

Grilled Cheese Sandwich  
Spaghetti & Meatballs  
Turkey & Cheese Sandwich  
Roasted Squash/Zucchini  
Sweet Potato Crinkle Fries

29

Chili Dog  
Frito Chili Pie  
Sunbutter & Jelly Sandwich (V)  
Carolina Slaw  
Aztec Corn

Menu 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.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 Ham & Cheese English Muffin Craisins ~~~~~ Milk	February 2 Sausage Biscuit Graham Crackers Apple Slices ~~~~~ Juice and Milk
February 5 French Toast Bites Applesauce ~~~~~ Juice and Milk	February 6 Apple Cinnamon Muffin String Cheese Banana ~~~~~ Milk	February 7 Sausage Breakfast Pizza Orange Slices ~~~~~ Juice and Milk	February 8 Vanilla Yogurt with Graham Crackers String Cheese Banana ~~~~~ Milk	February 9 Buttermilk Pancakes Apple Slices ~~~~~ Juice and Milk
February 12 Pancake Sausage Bites Applesauce ~~~~~ Juice and Milk	February 13 Biscuit & Sausage Gravy Graham Crackers Banana ~~~~~ Milk	February 14 Sausage Breakfast Pizza Orange Slices ~~~~~ Juice and Milk	February 15 Ham & Cheese English Muffin Craisins ~~~~~ Milk	February 16 French Toast Sticks Apple Slices ~~~~~ Juice and Milk
February 19 President's Day	February 20 Teacher Professional Day	February 21 Buttermilk Pancakes String Cheese Orange Slice ~~~~~ Juice and Milk	February 22 Scrambled Eggs Toast Banana ~~~~~ Milk	February 23 Sausage Biscuit Graham Crackers Apple Slice ~~~~~ Juice and Milk
February 26 French Toast Sticks Applesauce ~~~~~ Juice and Milk	February 27 Sausage Breakfast Pizza Banana ~~~~~ Milk	February 28 Egg and Cheese Burrito Orange Slices ~~~~~ Juice and Milk	February 29 Sausage Biscuit Graham Crackers Banana ~~~~~ Milk	Variety of cereal, fat-free, & low-fat milk offered daily

### Fresh Pick Recipe

EGG WHITE OMELETTE WITH SPINACH OR CHARD  
(MAKES 1 OMELETTE)

- 1 teaspoon olive oil
  - 2 cups spinach or chard leaves
  - pepper (freshly milled)
  - 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives
1. In a small nonstick skillet, heat one teaspoon of oil.
  2. Add the spinach or chard, and cook until it's wilted.
  3. Season with salt and pepper, then move to a plate.
  4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
  5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.