

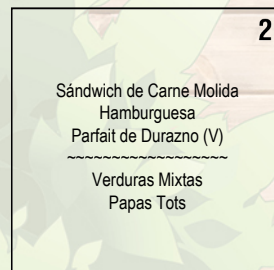
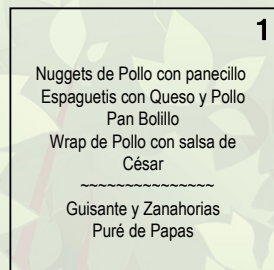
MONDAY

TUESDAY

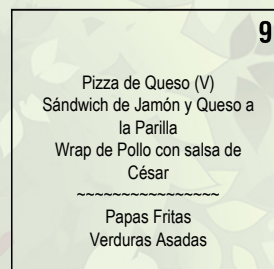
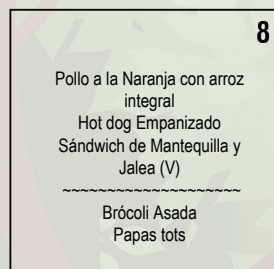
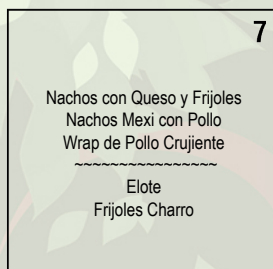
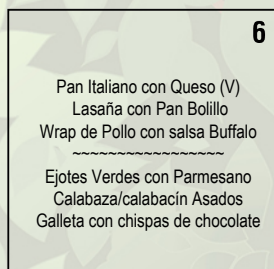
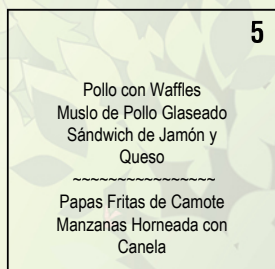
WEDNESDAY

THURSDAY

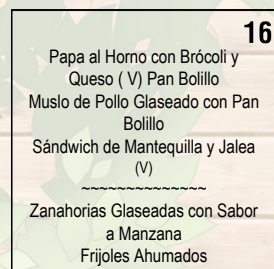
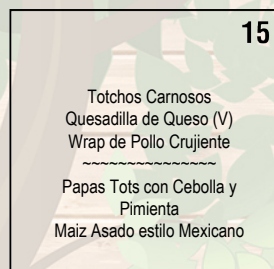
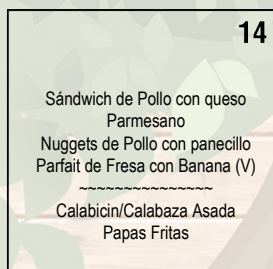
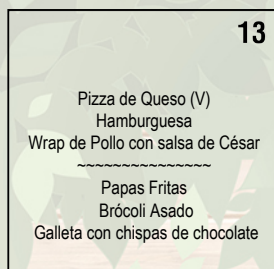
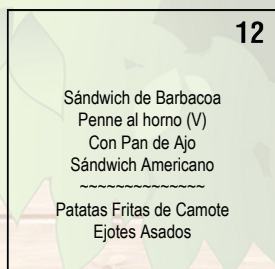
FRIDAY



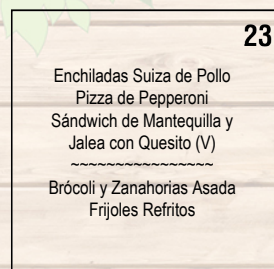
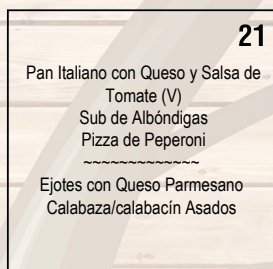
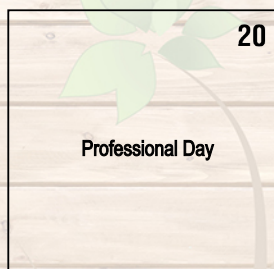
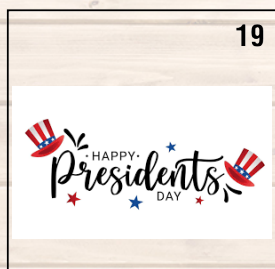
Fresh Pick of the Month: Kale



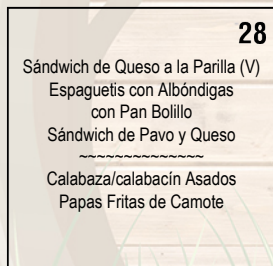
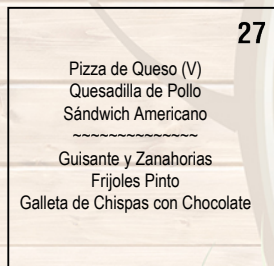
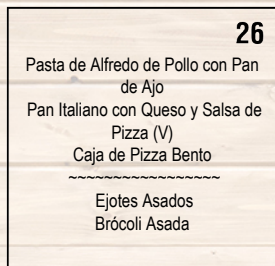
Local ingredients used when seasonally available



Variety of fat-free and non-fat milk offered



(V) denotes vegetarian-friendly item



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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Febrero 1 Muffin de Ingles con Jamón y Queso Craisins ~~~~~ Leche	Febrero 2 Bizcocho de Salchicha Galletas de Graham Rodajas de Manzana ~~~~~ Jugo y Leche
Febrero 5 Tostada Francesa Puré de Manzana ~~~~~ Jugo y Leche	Febrero 6 Muffin de Manzana y Canela Quesito Platano ~~~~~ Jugo y Leche	Febrero 7 Pizza de Salchicha de Desayuno Rodajas de Naranja ~~~~~ Jugo y Leche	Febrero 8 Yogur de Vainilla Galletas de Graham Quesito Platano ~~~~~ Leche	Febrero 9 Panqueques Rodajas de Manzana ~~~~~ Jugo y Leche
Febrero 12 Salchicha con Panqueques Puré de Manzana ~~~~~ Jugo y Leche	Febrero 13 Bizcochos Americanos Galletas de graham Platano ~~~~~ Leche	Febrero 14 Pizza de Salchicha de Desayuno Plátano ~~~~~ Jugo y Leche	Febrero 15 Muffin de Ingles con Jamón y Queso Craisins ~~~~~ Leche	Febrero 16 Tostadas Francesas Rodajas de Manzana ~~~~~ Jugo y Leche
President's Day	Professional Day	Febrero 21 Panqueques Quesito Rodajas de Naranja ~~~~~ Jugo y Leche	Febrero 22 Huevos Revueltos Pan Tostado Platano ~~~~~ Leche	Febrero 23 Bizcocho de Salchicha Galletas de Graham Rodajas de Manzana ~~~~~ Jugo y Leche
Febrero 26 Tostadas Francesas Puré de Manzana ~~~~~ Jugo y Leche	Febrero 27 Pizza de Salchicha de Desayuno Platano ~~~~~ Leche	Febrero 28 Burrito de Huevo y Queso Rodajas de Naranja ~~~~~ Jugo y Leche	Febrero 29 Biscocho de Salchicha Galletas de Graham Platano ~~~~~ Leche	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 egg whites 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.