

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

1

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)

Menu Subject to Change

Reduced Lunch Price: \$.00
Paid Lunch Price: \$3.25

Pizza Day:
Big Daddy Pizza
Garden Tossed Salad

Offered Daily 2/26-3/1: Turkey & Cheese Sandwich, and Peanut Butter & Jelly Sandwich

4

Macaroni & Cheese
w/ breadstick
Diced Tomatoes

5

Taco Tuesday:
Turkey Taco w/Chips
Southwest Black Beans

6

Breakfast for Lunch:
Whole Grain Pancakes
w/ turkey sausage & syrup
Roasted Broccoli

7

Terriyaki Chicken
over Rice
Three Bean Salad

8

Pizza Day:
Big Daddy Pizza
Garden Tossed Salad

Offered Daily 3/4-3/8: Ham & Cheese Sandwich, Peanut Butter & Jelly Sandwich

11

Hot Diggity Dog
Sweet Potato Fries

12

Taco Tuesday:
Turkey Tacos
w/ Spanish rice
Golden Corn

13

Spaghetti & Meatballs
Green Beans

14

Pizza Day:
Big Daddy Pizza
Garden Tossed Salad

15

Early Dismissal
for
Teacher's In-Service
No Lunch Served

Offered Daily 3/11-3/15: Crispy Chicken Wrap, Peanut Butter & Jelly Sandwich

18

Mozzarella Sticks
w/Marinara Sauce
Peas

19

Taco Totchos
w/ Dinner Roll
Tater Tots

20

BBQ Diced Chicken
on a Bun
Sautéed Spinach

21

Baked Chicken
w/Biscuit
Vegetarian Baked Beans

22

PIZZA DAY:
Big Daddy Pizza
Garden Tossed Salad

Offered Daily 3/18-3/22: Chef Salad w/ Flatbread, Peanut Butter & Jelly Sandwich

25

Baked Ziti
w/ garlic breadstick
Seasoned Carrot Coins

26

Chicken Nuggets
w/ dinner roll
Curly Fries

27

Pizza Day:
Big Daddy Pizza
Garden Tossed Salad

28

Early Dismissal
No Lunch Served

29

School Closed
for
Spring Break

Offered Daily 3/25-3/29: Turkey Sub, Peanut Butter & Jelly Sandwich

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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

Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

Ruth Fertel was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Chris' Steak House. Today, there are more than 80 Ruth Chris Steak House locations in the U.S. and overseas.

Julia Child was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

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

TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber