



# Center Street Lunch

# MAR

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**2**

**Choose 1 Entree**  
Cheeseburger  
American Sub

Hot Side: Sweet Potato Fries  
Assorted Fresh Veggies and Fruit  
Milk

**3**

**Choose 1 Entree**  
Beef Taco  
Ham & Cheese Sandwich

Hot Side: Buttery Corn  
Assorted Fresh Veggies and Fruit  
Milk

**4**

**Choose 1 Entree**  
Chicken Patty  
Build A Pizza

Hot Side: Parmesan Green Beans  
Assorted Fresh Veggies and Fruit  
Milk

**5**

**Choose 1 Entree**  
BBQ Chicken on Bun  
Chef Salad w/Breadstick

Hot Side: Baked Beans  
Assorted Fresh Veggies and Fruit  
Milk

**6**

**Choose 1 Entree**  
Cheese Pizza  
Fruit Yo-To-Go Box

Hot Side: Mixed Veggies  
Assorted Fresh Veggies and Fruit  
Milk

**9**

**Choose 1 Entree**  
Chili Cheese Fritos  
Ham & Cheese Sandwich

Hot Side: Glazed Carrots  
Assorted Fresh Veggies and Fruit  
Milk

**10**

**Choose 1 Entree**  
Meatball Sub Sandwich  
Chef Salad w/Breadstick

Hot Side: Baked Beans  
Assorted Fresh Veggies and Fruit  
Milk

**11**

**Choose 1 Entree**  
Pancakes, Sausage, & Egg  
Chicken Caesar Salad w/Garlic Knots

Hot Side Sweet Potato Fries  
Assorted Fresh Veggies and Fruit  
Milk

**12**

**Choose 1 Entree**  
Popcorn Chicken w/Dinner Roll  
Turkey & Cheese Sandwich

Hot Side Potato Smiles  
Assorted Fresh Veggies and Fruit  
Milk

**13**

**Choose 1 Entree**  
Cheese Pizza  
Peanut Butter & Jelly Sandwich  
w/String Cheese

Hot Side Seasoned Peas  
Assorted Fresh Veggies and Fruit  
Milk

**16**

**Choose 1 Entree**  
Walking Nacho  
Italian Sub Sandwich

Hot Side Refried Beans  
Assorted Fresh Veggies and Fruit  
Milk

**17**

**Choose 1 Entree**  
Cheeseburger  
Chef Salad w/Dinner Roll

Hot Side: Tater Tots  
Assorted Fresh Veggies and Fruit  
Milk

**18**

**Choose 1 Entree**  
BBQ Pork  
Crispy Chicken Wrap

Hot Side: Sweet Potato Fries  
Assorted Fresh Veggies and Fruit  
Milk

**19**

**Choose 1 Entree**  
Chicken Tenders w/Breadstick  
Fiesta Salad w/Tortilla Chips

Hot Side: Low Country Green Beans  
Assorted Fresh Veggies and Fruit  
Milk

**20**

**Choose 1 Entree**  
Cheese Pizza  
Peanut & Butter & Jelly Sandwich

Hot Side: Mixed Veggies  
Assorted Fresh Veggies and Fruit  
Milk

**23**

**Choose 1 Entree**  
Chili Cheese Fritos  
Ham & Cheese Sandwich

Hot Side: French Fries  
Assorted Fresh Veggies and Fruit  
Milk

**24**

**Choose 1 Entree**  
Spaghetti w/Meat Sauce w/Breadstick  
Chicken Caesar Salad w/Breadstick

Hot Side: Parmesan Green Beans  
Assorted Fresh Veggies and Fruit  
Milk

**25**

**Choose 1 Entree**  
Mini Corn Dogs  
Turkey Bacon Club

Hot Side: Buttery Corn  
Assorted Fresh Veggies and Fruit  
Milk

**26**

**Choose 1 Entree**  
Chicken Patty  
Chef Salad w/Dinner Roll

Hot Side: Baked Beans  
Assorted Fresh Veggies and Fruit  
Milk

**27**

**Choose 1 Entree**  
Cheese Pizza  
Peanut Butter & Jelly Sandwich

Hot Side: Glazed Carrots  
Assorted Fresh Veggies and Fruit  
Milk

**30**

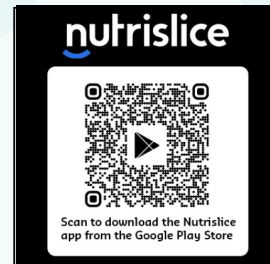
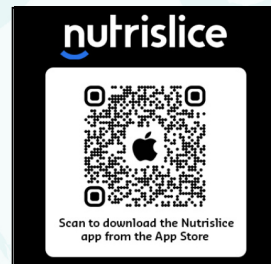
**Choose 1 Entree**  
Chicken Nuggets w/Dinner Roll  
Ham & Cheese Sandwich

Hot Side Baked Beans  
Assorted Fresh Veggies and Fruit  
Milk

**31**

**Choose 1 Entree**  
Mac & Cheese w/Breadstick  
Crispy Chicken Salad w/Breadstick

Hot Side Parmesan Green Beans  
Assorted Fresh veggies and Fruit  
Milk



## 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.

## 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

### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 C Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.