

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**BREAKFAST INCLUDES:  
CHOICE OF DAILY ENTREE  
LISTED OR CEREAL W/TOAST  
OR GRAHAM CRACKERS  
A VARIETY OF FRUITS AND MILK**



**1**  
**Breakfast: Dr. Seuss Celebration!**  
**Green Eggs and Ham w/Toast**  
**Lunch:**  
Fox in Socks Sandwich  
Horton Hears a Hamburger  
Sam, I Am Sandwich  
Grinch Greens Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**4**  
**Breakfast: National Breakfast Week**  
Sausage Breakfast Pizza  
**Lunch:**  
**New:** Chicken & Cheese Tot'chos w/WW Roll  
Chicken Burger  
Turkey & Cheese Sandwich  
Chicken Caesar Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**5**  
**Breakfast: National Breakfast Week**  
Pancake Bites  
**Lunch:**  
Fish Po Boy Sandwich  
Pepperoni or Cheese Pizza  
Italian Sub Sandwich  
Crispy Chicken Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**6**  
**Breakfast: National Breakfast Week**  
Sausage & Cheese Biscuit Sandwich  
**Lunch:**  
Hamburger Gravy over Mashed Potatoes w/WW Roll  
Chicken Nuggets with WW Roll  
Crunchy Chicken Wrap  
SW Taco Salad with Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**7**  
**Breakfast: National Breakfast Week**  
Fruit & Yogurt Parfait  
**Lunch:**  
Orange Chicken over WG Rice  
Hawaiian or Cheese Pizza  
Chicken Salad Sub Sandwich  
Peppi Pizza Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**8**  
**NO SCHOOL**

**11**  
**NO SCHOOL**

**12**  
**Breakfast:**  
Chocolate Chip Breakfast Round  
**Lunch:**  
Street Pork Tacos  
Pepperoni or Cheese Pizza  
Egg Salad Sub Sandwich  
Poppin' Chicken Salad w/WW Roll  
*Includes Fruits, Vegetables & Milk*

**13**  
**Breakfast:**  
Yogurt & Graham Crackers  
**Lunch:**  
Posole Soup with Tortilla Chips  
Turkey and Cheese Sub Sandwich  
Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**14**  
**Breakfast**  
Apple Pocket Pi  
**Lunch: Happy Pi Day!**  
Sloppy Joe on Bun  
Chicken Ranch or Cheese Pizza  
Tuna Sub Sandwich  
Mandarin Chicken Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**15**  
**Breakfast:**  
Lucky Sweet Roll  
**Lunch: St. Patrick's Celebration!**  
Leprechaun Lasagna  
Four Leaf Clover Cheeseburger  
Nuggets of Gold Wrap  
Patty's Peppi Pizza Salad w/WW Roll  
*Includes Fruits, Vegetables & Milk*

**18**  
**Breakfast:**  
Pancake on a Stick  
**Lunch Madness Week**  
Beef & Cheese Nachos  
Chicken Burger  
Seed/Nut Butter Sandwich  
**NEW!! Ham & Cheese Munchables**  
*Includes Fruits, Vegetables & Milk*

**19**  
**Breakfast:**  
WG Biscuit & Gravy  
**Lunch Madness Week**  
Chicken Pot Pie  
Pepperoni or Cheese Pizza  
Italian Sub Sandwich  
Crispy Chicken Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**20**  
**Breakfast:**  
Ham & Cheese Sandwich  
**Lunch Madness Week**  
Stacks Sandwich w/Chips  
Chicken Nuggets with WW Roll  
Crunchy Chicken Wrap  
SW Taco Salad with Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**21**  
**Breakfast:**  
Mini Maple Waffles  
**Lunch Madness Week**  
Baked Chicken with Cheesy Potatoes & WW Roll  
Taco or Cheese Pizza  
Ham & Cheese Sub Sandwich  
Peppi Pizza Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**22**  
**Breakfast:**  
Blueberry Muffin Square  
**Lunch Madness Week**  
Queso Mac & Cheese  
Hamburger or Cheeseburger  
Turkey & Cheese Sandwich  
Chicken Caesar Salad with WW Roll  
*Includes Fruits, Vegetables & Milk*

**25**  
**NO SCHOOL**



**27**



**29**  
**NO SCHOOL**

## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at [www.choosemyplate.gov](http://www.choosemyplate.gov).



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[liftoffsplayground.com](http://liftoffsplayground.com)

### The Story About Fat

Fat is one of three nutrients that contribute calories to our diet. The other two nutrients are carbohydrates and protein. Of the three, fat provides more than double the number of calories per gram, which means many people aim to eat less fat in order to control their weight. Although fat has received a bad rap over the years, fat does have the important function of providing our bodies with calories, it ensures we have insulation, provides two important essential fatty acids (alpha linolenic acid and linoleic acid), which are needed for a variety of body functions, including healthy brain development in children. There are however, some fats that are less favorable for our health. These fats are saturated and trans fats. Both fats can contribute to raising your blood cholesterol, which is not good for your heart.

*The Dietary Guidelines for Americans 2010* recommend that Americans:

- Consume less than 10% of calories from saturated fats.
- Replace solid fats with oils when possible.
- Limit foods that contain synthetic sources of *trans* fatty acids (such as hydrogenated oils), and keep total *trans* fatty acid consumption as low as possible.
- Eat fewer than 300 mg of dietary cholesterol per day.
- Reduce intake of calories from solid fats.

Age Group	Total Fat Limits
Children ages 2 to 3	30% to 40% of total calories
Children and adolescents ages 4 to 18	25% to 35% of total calories
Adults, ages 19 and older	20% to 35% of total calories

If you need help learning more about how much fat to include in your diet, consider an appointment with a registered Dietitian (RD). An RD will take into consideration your medical history, blood work, lifestyle and current eating habits before providing you with guidance on what you should be eating to maximize your intake of healthier fats.

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

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

- 2 teaspoons 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.



**SCHOOL MEAL PRICES:**  
**BREAKFAST:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.70 MIDDLE SCHOOL \$1.85  
**LUNCH:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.70 MIDDLE SCHOOL \$3.10  
**INVEST IN YOUR STUDENT'S LONG TERM HEALTH - PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.