

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

**Breakfast:**  
New: Build Your Own Yogurt Bowl

**Lunch:**  
Beef & Cheese Nachos  
Chicken Burger  
Ham & Cheese Sandwich  
Hummus Snack Pack  
*Includes Fruits, Vegetables & Milk*

**4**

**Breakfast:**  
Biscuits & Gravy

**Lunch: National Tot Tuesday!**  
Chicken Pot Pie & Tots  
Pepperoni or Cheese Pizza & Tots  
Tuna Sub & Tots  
Peppi Pizza Salad w/WG Roll & Tots  
*Includes Fruits, Vegetables & Milk*

**5**

**Breakfast:**  
Ham & Cheese Muffin Sandwich

**Lunch:**  
Cheesy Breadsticks w/Marinara  
Chicken Nuggets w/WG Roll  
Combo Munchable  
SW Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**6**

**Breakfast:**  
Mini Maple Waffles

**Lunch:**  
BBQ Pork on a Bun  
Taco or Cheese Pizza  
Italian Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**7**

**Breakfast:**  
Homemade Muffin Square

**Lunch:**  
Chicken Soft Taco  
Cheeseburger or Hamburger  
Seed/Nut Butter & Jelly Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**EARLY RELEASE 10**

**Breakfast:**  
French Toast Sticks

**Lunch:**  
BBQ Chicken or Cheese Flatbread Melt  
Chicken Burger  
American Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**11**

**Breakfast:**  
New: Overnight Oats

**Lunch:**  
WG Baked Corn Dog  
Pepperoni or Cheese Pizza  
Chicken Salad Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**12**

**Breakfast:**  
Egg & Toast

**Lunch:**  
Walking Nachos  
Chicken Nuggets w/WG Roll  
Seed/Nut Butter & Jelly Sandwich  
SW Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**13**

**Breakfast:**  
Blueberry Bagel with Cream Cheese

**Lunch:**  
Breakfast for Lunch:  
Pancakes & Sausage  
Sausage or Cheese Pizza  
Tuna Sub w/Chips  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**14**

**Breakfast:**  
WG Cinnamon Roll

**Lunch: Valentine's Day!**  
Cupid Chicken & Waffles  
Melt Your Heart Grilled Cheese  
Darling Deli Stackable  
Charming Chicken Caesar Salad w/WG Roll  
**Be Mine Brownie**



**18**

**Breakfast:**  
Apple Frudel

**Lunch:**  
Chili Frito Pie  
Pepperoni or Cheese Pizza  
Italian Sub  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**19**

**Breakfast:**  
Egg & Cheese Muffin Sandwich

**Lunch:**  
Tater Tot Casserole w/WG Roll  
Chicken Nuggets w/WG Roll  
Ham & Cheese Sandwich  
SW Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**20**

**Breakfast:**  
Pancakes w/Syrup

**Lunch: One Day Fun Day!**  
New: Chopsticks  
Choice of: Teriyaki Beef or Sweet & Sour Chicken with Fried Rice  
Roasted Pineapple Vegetables or Poppin' Chicken Salad w/WG Roll

**21**

**Breakfast:**  
Homemade Banana Muffin Top

**Lunch:**  
Hearty Mac & Cheese  
Cheeseburger or Hamburger  
Combo Munchable  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**EARLY RELEASE 24**

**Breakfast:**  
Sausage Breakfast Pizza

**Lunch:**  
Beef and Cheese Tot'Chos w/WG Roll  
Chicken Burger  
American Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**25**

**Breakfast:**  
Warm Pancake Bites

**Lunch:**  
Fish Po Boy Sandwich  
Pepperoni or Cheese Pizza  
Chicken Salad Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**26**

**Breakfast:**  
Sausage & Cheese Biscuit Sandwich

**Lunch:**  
Hamburger Gravy over Mashed Potatoes with WG Roll  
Chicken Nuggets w/WG Roll  
Seed/Nut Butter & Jelly Sandwich  
SW Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**27**

**Breakfast:**  
Fruit & Yogurt Parfait

**Lunch:**  
BBQ Pork Rib Sandwich  
Hawaiian or Cheese Pizza  
Tuna Sub w/Chips  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**28**

**Breakfast:**  
French Toast Sticks

**Lunch: National Chili Day!**  
New: Chili & Cinnamon Roll  
Cheeseburger or Hamburger  
Ham & Cheese Sandwich  
Lift-Off Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*



**BREAKFAST INCLUDES:**  
CHOICE OF DAILY ENTREE OR HOT OR COLD CEREAL WITH TOAST OR CHEESE STICK OR BAGEL & CREAM CHEESE OR YOGURT & GRAHAM CRACKERS AND VARIETY OF FRUITS AND MILK



## 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% with 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.

liftoffsplyground.com

## Be Active for American Heart Month

It's Heart Month and a perfect time to create a plan of daily exercise for yourself and your kids. Physical activity is good for children's bodies. It promotes growth and development and should be encouraged throughout the day for younger children (ages 3 to 5). At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles, build endurance and maintain a healthy weight. There's mounting evidence that moderate to vigorous physical activity also helps boost children's critical thinking skills, grade point averages and standardized test scores.

Plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This amount of time can be done at once or accumulated with shorter chunks throughout the day. Try to select activities your kids enjoy. Consider jumping rope, playing hopscotch, throwing a frisbee, walking the dog, jogging, bike riding, etc. The key is to have fun so that activity becomes associated with positive experiences. Remember to also praise, reward and encourage your kids' physical activity by providing the equipment and inspiration they need.

*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

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



**SCHOOL MEAL PRICES:**  
**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$1.75 MS: \$1.90**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$2.80 MS: \$3.20**  
**INVEST IN YOUR STUDENT'S LONG TERM HEALTH**  
**PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.