

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Chicken Quesadilla (V) ~~~~~ Refried beans, Baby Carrots, Fresh Apples *Mini Rice Krispies Treat!*	Cheese Nachos (V) ~~~~~ Aztec Corn, Fresh Broccoli, & Orange Smiles	Chicken Nuggets with Dinner Roll ~~~~~ Green Beans, Whipped Potatoes & Gravy, & Fresh Bananas	Corn Dog ~~~~~ Tater Tots, Garden Salad, Mixed Fruit	NO SCHOOL

Local ingredients used when seasonally available

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Sunbutter & Jelly Sandwich (V) ~~~~~ Baby Carrots, Diced Peaches & Fresh Apples	Chicken Enchilada Suiza ~~~~~ Refried beans, Garden Salad, Diced Pears &	Chicken Nuggets & Dinner Roll ~~~~~ Emoji Potatoes, Super Side Salad, Applesauce	Cheesy Omelet & Pinwheel (V) ~~~~~ Tater Tot Hash, Baked Cinnamon Apples, Mixed Fruit & *Blueberries *Fresh Baked Cookie!*	Frito Chili Pie (V) ~~~~~ Corn, Celery Sticks, Super Side Salad, & Fresh Bananas

\*\*We are celebrating National Nutrition Month with a special super salad this month! Try a Fajita Chicken Salad on March 9th or March 23rd!

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK

Variety of fat free and low fat milk are offered daily

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
NO SCHOOL	Cheese Quesadilla (V) ~~~~~ Aztec Corn, Garden Salad, Diced Pears	Baked Penne Pasta (V) ~~~~~ Potato Wedges, Super Side Salad, Applesauce	Chicken Nuggets ~~~~~ Seasoned Carrots, Whipped Potatoes, Mixed Fruit	Cheese Pizza (V) ~~~~~ Mixed Vegetables, Super Side Salad, Cinnamon Apples

(V) Denotes a vegetarian friendly item

<b>29</b>	<b>30</b>	<b>31</b>		
Mac & Cheese (V) ~~~~~ Roasted Broccoli, Caesar Salad, Fresh Apples *Mini Rice Krispies Treat!*	Giant Beef Taco ~~~~~ Refried Beans, Fresh Broccoli, Pears	Steak Fingers with Dinner Roll ~~~~~ Whipped Potatoes & Gravy, Super Side Salad, Applesauce		

\*\*The fresh pick for March is blueberries! Blueberries are a superfood packed with antioxidants, fiber and vitamin C. Try some of this delicious fruit this month!\*

## 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.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1 American Breakfast Sandwich Raisins	March 2 pop tart Diced Peaches	March 3 Oatmeal Round Bananas	March 4 Blueberry Muffin Orange Smiles	March 5 NO SCHOOL
March 8 Confetti Pancakes Diced Pears	March 9 Breakfast Pizza Mixed Fruit	March 10 Banana Muffin Baked Cinnamon Apples	March 11 Egg & Cheese biscuit Orange Smiles	March 12 Oatmeal Round diced pears
March 15 NO SCHOOL	March 16 NO SCHOOL	March 17 NO SCHOOL	March 18 NO SCHOOL	March 19 NO SCHOOL
March 22 NO SCHOOL	March 23 Pancakes Mixed Fruit	March 24 Biscuit & Sausage Fresh Banana	March 25 Tater Tot Burrito Yogurt & Fruit Parfait Pop Tart Diced Pears	March 26 Breakfast Pizza Orange Smiles
March 29 Sausage Biscuit Applesauce	March 30 Blueberry Muffin Diced Peaches	March 31 French Toast Sticks Apples		

### Fresh Pick Recipe

#### BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



#### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.



10% post-consumer



Nutrition Information is available upon request.