

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Sweet & Sour Chicken ----- Roasted Broccoli Diced Peaches Milk	Hot Ham & Cheese Sandwich  Aztec Corn Diced Pears Milk	Chicken Nuggets with Dinner Roll  Whipped Potatoes & Gravy Fresh Bananas Milk	All American Sandwich ----- Tater Tots Mixed Fruit Milk	NO SCHOOL

Local ingredients used when seasonally available

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Goey Grilled Cheese Sandwich (V) ----- Refried Beans Diced Peaches Milk	Cheeseburger  Roasted Broccoli & Carrots Diced Pears Milk	Chicken Nuggets ----- Emoji Potatoes Applesauce Milk	Cheesy Omelet & Pinwheel (V) ----- Tater Tot Hash Mixed Fruit Milk	Cheese Pizza (V) ----- Citrus Glazed Carrots Cinnamon Apples Milk

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

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 Diced Pears Milk	Crispy Chicken Sandwich ----- Baked Beans Applesauce Milk	Chicken Nuggets ----- Whipped Potatoes & Gravy Mixed Fruit Milk	Classic Ham & Cheese Sandwich ----- Mixed Vegetables, Cinnamon Apples Milk

(V) Denotes a vegetarian friendly item

<b>29</b>	<b>30</b>	<b>31</b>		
Mac & Cheese (V) ----- Roasted Broccoli Diced Peaches Milk	Cheese Pizza (V) ----- Mixed Vegetables Diced Pears Milk	Steak Fingers ----- Whipped Potatoes & Gravy Applesauce 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.

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1 Cinnamon Toast Crunch Cereal Juice	March 2 Pancakes Diced Peaches	March 3 Banana Muffin Mixed Fruit	March 4 Breakfast Taco Roll Orange Smiles	March 5 NO SCHOOL
March 8 Confetti Pancakes Diced Pears	March 9 Cinnamon Chex Cereal Mixed Fruit	March 10 Banana Muffin Orange Smiles	March 11 Egg & Cheese Biscuit Fresh Bananas	March 12 Cinnamon Toast Crunch Cereal Diced Peaches
March 15 SPRING BREAK	March 16 SPRING BREAK	March 17 SPRING BREAK	March 18 SPRING BREAK	March 19 SPRING BREAK
March 22 NO SCHOOL	March 23 Pancakes Mixed Fruit	March 24 Biscuit & Sausage Fresh Banana	March 25 Cheerios Cereal Diced Pears	March 26 Breakfast Pizza Orange Smiles
March 29 Sausage Biscuit Applesauce	March 30 Mini Bagels Diced Peaches	March 31 French Toast Sticks Apple Slices		

### 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.