

### MONDAY

FEBRUARY 27

BBQ Chicken Sandwich  
Chicken Alfredo w/ Garlic Knot  
Kidzable: Italian Vegetarian  
Sweet Potato Crinkle Fries  
Garden Bar Milk

### TUESDAY

FEBRUARY 28

American Sandwich  
Cheese Pizza  
Chicken Quesadilla  
Peas and Carrots  
Garden Bar  
Milk

### WEDNESDAY

1

Grilled Cheese Sandwich  
Spaghetti w/ Meatballs w/ Breadstick  
Turkey and Cheese Sandwich  
Roasted Broccoli  
Garden Bar  
Milk

### THURSDAY

2

Frito Chili Pie  
Pepperoni Pizza  
Sunbutter and Jelly Sandwich  
Frijoles Ala Charro  
Garden Bar  
Milk

### FRIDAY

3

Bean and Cheese Burrito  
Chicken Nuggets w/ Roll  
Ham and Cheese Sandwich  
Mashed Potatoes w/ Gravy  
Corn  
Garden Bar  
Milk

Variety of fat-free and low-fat milk offered daily.

6

Mexi Chicken Flatbread Pizza  
Sunbutter and Jelly Sandwich  
Walking Nachos  
Refried Beans  
Garden Bar  
Milk

7

Cheesy Chicken Spaghetti w/  
Breadstick  
Cheese Ravioli Square  
Crispy Chicken Wrap  
Roasted Broccoli  
Garden Bar  
Milk

8

American Sandwich  
French Toast, Sausage, Eggs  
Pepperoni Pizza  
Baked Cinnamon Raisin Apples  
Garden Bar  
Milk

9

No School  
Teacher Professional Development

10

No School  
Parent Teacher Conferences

Garden Bar features Fruits and Vegetables in an inviting variety.

13

Spring Break!!!

14

Spring Break!!!

15

Spring Break!!!

16

Spring Break!!!

17

Spring Break!!!

Locally grown items are offered whenever seasonally available.

20

American Sandwich  
Baked Penne Pasta w/ Breadstick  
Chicken Sandwich  
Green Beans  
Garden Bar  
Milk

21

Cheese Pizza  
Hamburger  
Pinwheel Party Box  
Roasted Broccoli  
Garden Bar  
Milk

22

Chicken Nuggets w/ Dinner Roll  
Strawberry Banana Parfait w/ String  
Cheese  
BBQ Pork Sandwich  
Smiley Fries  
Garden Bar  
Milk

23

Beefy Totchos  
Cheese Quesadilla  
Crispy Chicken Wrap  
Mexican Corn  
Garden Bar  
Milk

24

Cheese Pizza  
Glazed Chicken w/ Breadstick  
Sunbutter and Jelly Sandwich  
Baked Beans  
Mashed Potatoes w/ Gravy  
Garden Bar  
Milk

27

Cheeseburger  
Ham and Cheese Sandwich  
Macaroni and Cheese w/ Garlic Knot  
Roasted Summer Squash  
Garden Bar  
Milk

28

Cheese Pizza  
Popcorn Chicken Bowl w/ Dinner Roll  
Crispy Chicken Wrap  
Baked Beans  
Garden Bar  
Milk

29

Stuffed Mozzarella Sticks w/ Marinara  
Kidzable: Italian Pepperoni  
Beef and Cheese Nachos  
Oven Roasted California Veggie  
Blend  
Garden Bar  
Milk

30

Corn Dog  
Chicken Enchilada Suiza  
Turkey and Cheese Sandwich  
Mixed Vegetables  
Garden Bar  
Milk

31

Meatball Sub  
Pepperoni Pizza  
Sunbutter and Jelly Sandwich  
Seasoned Carrot Coins  
Garden Bar  
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.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 27 Pancake Sausage Bites Applesauce Milk and Juice	FEBRUARY 28 Assorted Cereals w/ Toast Orange Slices Milk and Juice	Breakfast Sausage Pizza Banana Milk and Juice	Ham and Cheese English Muffin Craisins Milk and Juice	Mini Blueberry or Cinnamon Waffles Apple Milk and Juice
Cinnamon Breakfast Bar Applesauce Milk and Juice	Cinnamon Roll Orange Slices Milk and Juice	Assorted Cereals w/ Toast Banana Milk and Juice	No School Teacher Professional Development	No School Parent Teacher Conferences
Spring Break!!!	Spring Break!!!	Spring Break!!!	Spring Break!!!	Spring Break!!!
Cinnamon Breakfast Bar Applesauce Milk and Juice	Cinnamon Roll Orange Slices Milk and Juice	Assorted Cereals w/ Toast Banana Milk and Juice	Chocolate Chip or Cinnamon Ultimate Breakfast Round Craisins Milk and Juice	Cinnamon or Maple Mini Waffles Apple Milk and Juice
Blueberry or Maple Mini Waffles Applesauce Milk and Juice	Assorted Cereals w/ Toast Orange Slices Milk and Juice	Sausage Breakfast Pizza Banana Milk and Juice	Ham and Cheese English Muffin Craisins Milk and Juice	Assorted Cereals w/ Toast Apples Milk and Juice

### 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.