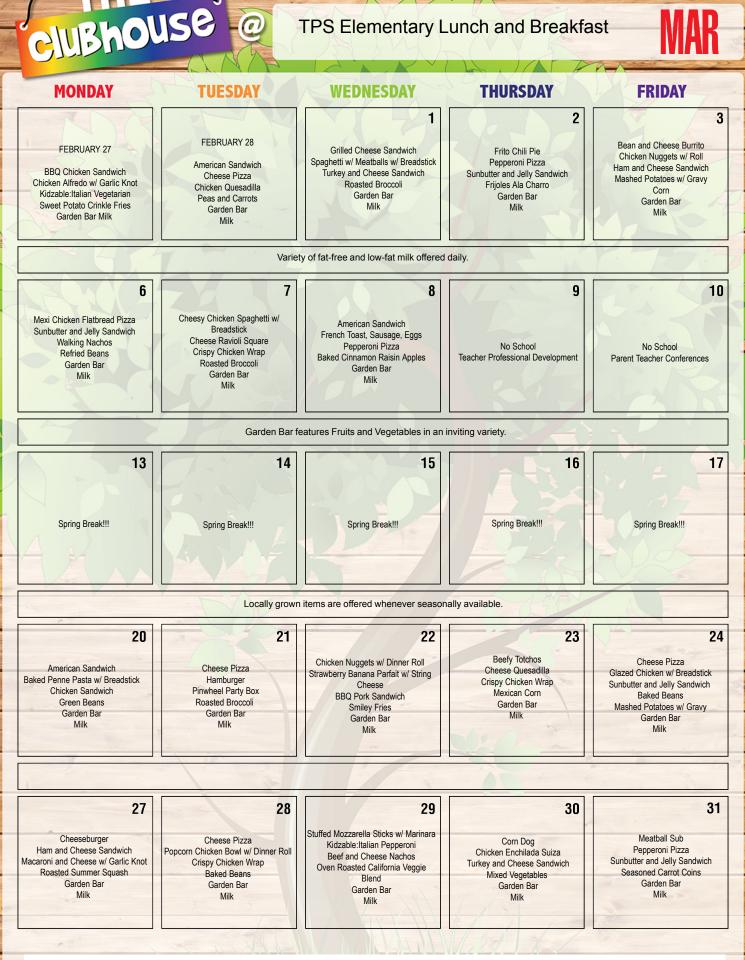
0 **TPS Elementary Lunch and Breakfast**



This institution is an equal opportunity provider.

National School Breakfast Week

THURSDAY

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

BREAKFAST MENU

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.

FRIDAY

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

www.liftoffsplayground.com

Fresh Pick Recipe

BLUEBERRY AND

MONDAY	TUESDAY	WEDNESDAY
FEBRUARY 27	FEBRUARY 28	
Pancake Sausage	Assorted Cereals w/	Breakfast Sausage Pizza
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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

CUCUMBER SALAD • 1 Cucumber (medium/peeled/sliced thin in rounds) 1 c Blueberries 1 c Strawberries(sliced) • ¹/₄ 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.

Nutrition Information is available upon request.