

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**1**

American Sandwich  
Brunch 4 Lunch - French Toast,  
Eggs, Sausage Link  
Pepperoni Pizza

Garden Bar  
Baked Cinnamon Raisin Apples  
Milk

**2**

Chicken Nuggets w/ Garlic Knot  
Corn Dog  
Chicken Caesar Wrap

Garden Bar  
Carrot Coins  
Mashed Potatoes and Gravy  
Milk

**3**

Cheese Pizza  
Hamburger  
Pinwheel Party Box

Garden Bar  
Mixed Vegetables  
Milk

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

**6**

Mozzarella Stuffed Breadsticks  
w/ Marinara  
Breaded Chicken Drumstick  
w/ Breadstick  
Ham and Cheese Sandwich

Garden Bar  
Green Beans  
Milk

**7**

Beef Lasagna w/ Breadstick  
Chicken and Waffles  
Buffalo Chicken Wrap

Garden Bar  
Roasted Summer Squash  
Milk

**8**

Cheese Pizza  
Bean and Cheese Nachos  
Crispy Chicken Wrap

Garden Bar  
Pinto Beans  
Milk

**9**

Twisted Hot Dog  
Orange Chicken w/ Rice  
Sunbutter and Jelly Sandwich

Garden Bar  
Peas  
Milk

**10**

Grilled Cheese Sandwich  
Pepperoni Pizza  
Chicken Caesar Wrap

Garden Bar  
Sweet Potato Fries  
Milk

Garden Bar - Variety of Fruits and Vegetables.

**13**

American Sandwich  
Baked Penne Pasta w/ Garlic Knot  
Chicken Sandwich

Garden Bar  
Green Beans  
Milk

**14**

Cheese Pizza  
Hamburger  
Pinwheel Party Box

Garden Bar  
Roasted Broccoli  
Milk

**15**

BBQ Pork Rib Sandwich  
Chicken Nuggets w/ Roll  
Strawberry/Banana Parfait  
w/ String Cheese

Garden Bar  
Smiley Fries  
Milk

**16**

Beefy Totchos  
Cheese Quesadilla  
Crispy Chicken Wrap

Garden Bar  
Roasted Corn  
Milk

**17**

Cheese Pizza  
Glazed Chicken Drumstick  
w/ Breadstick  
Sunbutter and Jelly Sandwich

Garden Bar  
Baked Beans  
Mashed Potatoes w/ Gravy  
Milk

**20**

President's Day

**21**

No School

**22**

Mozzarella Stuffed Breadstick  
w/ Marinara Sauce  
Kidzable: Italian Pepperoni  
Beef and Cheese Nachos

Garden Bar  
Mixed Vegetables  
Milk

**23**

Corn Dog  
Chicken Enchilada  
Turkey and Cheese Sandwich

Garden Bar  
Mixed Vegetables  
Milk

**24**

Meatball Sub  
Pepperoni Pizza  
Sunbutter and Jelly Sandwich

Garden Bar  
Seasoned Carrot Coins  
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% within 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.

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Pizza Banana Assorted Milk and Juice	Biscuit w/ Jelly Raisins Assorted Milk and Juice	Cinnamon Toast Crunch Bar Apple Slices Assorted Milk and Juice
Assorted Cereal w/ Toast, Graham Crackers, or String Cheese Applesauce Assorted Milk and Juice	Sausage Bites Orange Slices Assorted Milk and Juice	Assorted Cereal w/ Toast, Graham Crackers, or String Cheese Applesauce Assorted Milk and Juice	Ham and Cheese English Muffin Raisins Assorted Milk and Juice	French Toast Sticks Apple Slices Assorted Milk and Juice
Assorted Cereal w/ Toast, Graham Crackers, or String Cheese Applesauce Assorted Milk and Juice	Cinnamon Roll Orange Assorted Milk and Juice	Breakfast Pizza Banana Assorted Milk and Juice	Biscuit w/ Jelly Raisins Assorted Milk and Juice	Cinnamon Toast Crunch Bar Apple Slices Assorted Milk and Juice
President's Day	No School	Assorted Cereal w/ Toast, Graham Crackers, or String Cheese Banana Assorted Milk and Juice	English Muffin w/ Ham Raisins Assorted Milk and Juice	French Toast Sticks Apple Slices Assorted Milk and Juice
Assorted Cereal w/ Toast, Graham Crackers, or String Cheese Applesauce Assorted Milk and Juice	Sausage Bites Orange Smiles Assorted Milk and Juice			

### Fresh Pick Recipe

#### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber

Spring is almost here!!!!



Nutrition Information is available upon request.

