



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
HOUSEMADE NACHOS WITH ALL THE TOPPINGS
OR
HOUSEMADE CHEESEY NACHOS

3
Chicken Arroz con Pollo
OR
Cheese Quesadilla

4
HAWAIIAN
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

5
WG CHEESEY MAC AND CHEESE
OR
CHICKEN NOODLE SOUP
W CHIPS

6
ALL AMERICAN FLAME GRILLED BEEF BURGER

CHEESEBURGER

VEGETARIAN BURGER

SERVED WITH OVEN BAKED FRENCH FRIES

9
TERIYAKI CHICKEN WITH WHOLE GRAIN BROWN FRIED RICE

OR

FRESH FRUIT MEDLEY W/ COTTAGE CHEESE & WG ROLL

10
HOMEMADE SHREADED CHICKEN BANH MI SANDWICH WITH CHIPS
OR
CHEESE QUESADILLA ON WG TORTILLAS SERVED W/ FRIES

11
VEGGIE
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

12
SPAGHETTI WITH MEATBALLS AND MARINARA
SERVED WITH WG ROLL
OR
FRESH FRUIT MEDLEY W/ COTTAGE CHEESE & WG ROLL

13

NO SCHOOL

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

16

PRESIDENTS DAY

17
HOMEMADE BEEF GREEK MEATBALLS W/ TZATZIKI SAUCE AND WG PITA BREAD
OR
CHARCUTERIE BOX (FRESH FRUIT AND VEG, HUMMUS AND WG CRACKERS)

18
TURKEY PEPPERONI, MARGARITA FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/ GARBANZO BEANS & PARMESAN CHEESE SERVED W/ WG ROLL
*PIZZA SERVED ON WG CRUST

19
HOUSEMADE BEEF LASAGNA W/VINE RIPENED TOMATO SAUCE
OR
PENNE ALFREDO W/ CHERRY TOMATOES

20
ALL AMERICAN FLAME GRILLED BEEF BURGER

CHEESEBURGER

VEGETARIAN BURGER

SERVED WITH OVEN BAKED FRENCH FRIES

23
OVEN BAKED BBQ CHICKEN BASKET WITH FRIES
OR
HOMEMADE WG MAC AND CHEESE

24
HEARTY 3 BEAN CHILI SERVER WITH WG TORTILLA CHIPS
OR
OVEN BAKED POTATO SERVED WITH SOUR CREAM AND SHREDDED CHEDDAR CHEESE

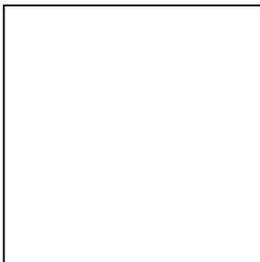
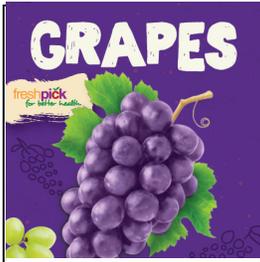
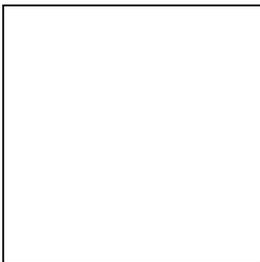
25
KOREAN BBQ, TURKEY PEPPERONI, CHEESE PIZZA
OR
HEARTY GARDEN SALAD W/ WG ROLL
*PIZZA SERVED ON WG CRUST

26
HEARTY CHICKEN POSOLE W/HG TORTILLA CHIPS

OR

CHARCUTERIE BOX

27
OVEN BAKED CHICKEN TENDERS SERVED W/ OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED W/ OVEN BAKED FRIES
OR
GARDEN SALAD W/ WG ROLL



SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

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.liftoffsplyground.com

BREAKFAST

Breakfast

MONDAY: ASSORTED WHOLE GRAIN BAGEL WITH CREAM CHEESE SPREAD
OR
BREAKFAST BAGEL SANDWICH

TUESDAY: HOMEMADE OVEN BAKED BLUEBERRY GERMAN PANCAKE

WEDNESDAY: HOMEMADE WHOLE GRAIN FRENCH TOAST WITH CARMELIZED APPLES

OR
FRESH BAKED HOUSEMADE MUFFIN

THURSDAY: MIXED BERRY FROZEN YOGURT BARK

FRIDAY:
HOMEMADE ORGANIC STRAUS YOGURT FRESH FRUIT SMOOTHIES

GLUTEN FREE NATURE'S PATH ORGANIC CEREAL WITH GLUTEN FREE GRAHAM CRACKERS ARE SERVED DAILY. WE OFFER A VARIETY OF MILK AND FRUIT TO COMPLETE YOUR BREAKFAST MEAL.

Fresh Pick Recipe

STRAWBERRY BANANA SANDWICHES
(SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber



Please look for these icons in your cafeteria.

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