



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
HOUSEMADE NACHOS WITH ALL THE TOPPINGS OR HOUSEMADE CHEESEY NACHOS

3
SWEDISH MEATBALLS AND MASHED POTATOES OR CHEESE QUESADILLA WITH FRIES

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
BREAKFAST FOR LUNCH
BREAKFAST BURITOS W/ TATOR TOTS OR FRESH FRUIT MEDLEY W/ COTTAGE CHEESE & WG ROLL

10
HOMEMADE BEEF 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
FISH AND CHIPS OR SPICY CHICKEN SANDWICH WITH FRIES

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

16
NO SCHOOL
TEACHER INSERVICE

17
BUTTER CHICKEN W/ GARLIC BROWN RICE 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/ BROCCOLI SERVED WITH HG DINNER ROLL

20
ALL AMERICAN FLAME GRILLED BEEF BURGER
CHEESEBURGER
VEGETARIAN BURGER
SERVED WITH OVEN BAKED FRENCH FRIES

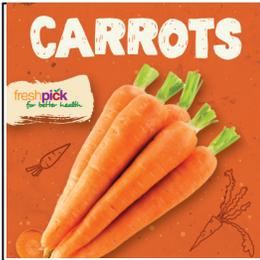
23
FISH TACOS W PICO DE GALLO AND WG CHIPS OR CHEESE ENCHALADAS W BEANS

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

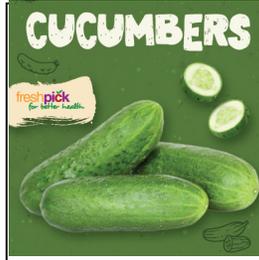
25
KOREAN BBQ, TURKEY PEPPERONI, CHEESE PIZZA OR HEARTY GARDEN SALAD W/ WG ROLL *PIZZA SERVED ON WG CRUST

26
HEARTY CHICKEN POSOLE W/HG TORTILLA CHIPS OR CHARCUTERIE BOX

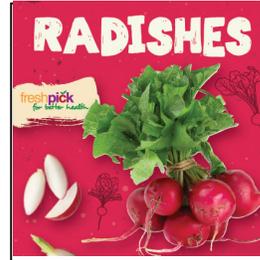
27
MINIMUM DAY



31
SPRING BREAK



SPRING BREAK



SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

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

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

THURSDAY: MIXED BERRY FROZEN YOGURT BARK

FRIDAY:
HOMEMADE ORGANIC STRAUS YOGURT FRESH FRUIT SMOOTHIES
OR
FRESH BAKED HOUSEMADE MUFFIN

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

sodexo



Please look for these icons in your cafeteria.