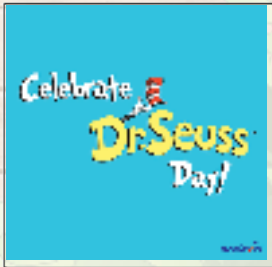


MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

6

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Pork Rib-B-Que Sandwich
Ham & Cheese Sandwich

Side Veggie: Oven Baked Fries

7

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)

Lunch:
Mini Cheese Ravioli with WG Roll (v)
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Baked Beans

8

Breakfast:
Sausage & Cheese Breakfast Sandwich

Lunch:
Orange Chicken Rice Bowl
Baked Corn Dog
Sunbutter & Jelly Sandwich (v)

Side Veggie: Oven Baked Potato Smiles

9

Breakfast:
Apple Frudel (v)

Lunch:
Macaroni and Cheese (v)
Chicken Burger
Fruit & Yogurt Parfait (v)

Side Veggie: Aztec Corn

10

No School

Celebrate National School Breakfast Week - March 6th - March 10th!

13

Breakfast:
Waffles with Fruit Compote (v)

Lunch:
Chicken Marinara Sub
Chicken Nuggets with WG Roll
Chef Salad with WG Rolls

Side Veggies: Mixed Vegetables

14

Breakfast:
Turkey Sausage Breakfast Pizza

Lunch:
Breakfast for Lunch: French Toast Sticks and Sausage
Turkey Soft Taco
Italian Sub

Side Veggie: Tater Tots

15

Breakfast:
Sausage Sandwich

Lunch:
Sweet & Sour Chicken Rice Bowl
Hot Dog
Sunbutter & Jelly Sandwich (v)

Side Veggies: Roasted Broccoli and Carrots

16

Breakfast:
Yogurt Parfait (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Mini Corn Dogs
Crispy Chicken Wrap

Side Veggie: Aztec Corn and Black Beans

17

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Homemade Cheese Pizza (v)
Scratch Made Sloppy Joe
Chicken Caesar Salad with WG Rolls

Side Veggie: Oven Baked Potato Smiles

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

20

No School

21

Spring Break

22

No School

23

Spring Break

24

No School

27

Breakfast:
French Toast Sticks (v)

Lunch:
Turkey Tot'Chos with WG Rolls
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Roasted Broccoli

28

Breakfast:
Breakfast Burrito

Lunch:
Turkey Soft Taco
Sunbutter & Jelly Sandwich (v)
Chicken Nuggets

Side Veggie: Mixed Vegetables

29

Breakfast:
Breakfast Bowl with Toast

Lunch:
Popcorn Chicken Potato Bowl with WG Roll
Hot Dog
Ham & Cheese Sandwich

Side Veggie: Baked Beans

30

Breakfast:
Homemade Breakfast Burrito

Lunch:
Spaghetti Pasta with Meat Sauce
Chicken Burger
Chicken Caesar Salad with WG Rolls

Side Veggie: Roasted Broccoli and Carrots

31

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Grilled Cheese Sandwich (v)
Cheese Pizza (v)
Pepperoni Pizza

Side Veggie: Sweet Potato Fries

(v) = meatless option

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.



Photo courtesy of www.health.gov and www.usda.gov.
with permission for NSBW for fall healthy eating week.

liftoffsp.orgground.com

Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

Ruth Fertel was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Ruth's Steak House. Today, there are more than 80 Ruth's Chris Steak House locations in the U.S. and overseas.

Julia Child was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Carl's Nicholson and served William Faulkner, Marion Brandt, Eleanor Roosevelt and more.

Our food service facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergens, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

WINTER SALAD WITH BITTERNUT SQUASH (SERVES 4)

- 1/2 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 2/4 cup and 2 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and spinach. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

95% FAT FREE MEAT,
100% COLUMBIAN 100% FAT,
BMPY KODJAKUM 100% FIBER

SCHOOL MEAL PRICES:

Students who are free-priced eligible will receive student meals at no cost
Student Breakfast \$1.50, Reduced Breakfast \$0.30 All
Student Lunch \$2.95 Elem, \$3.30 Mid, \$3.55 High, Reduced Lunch \$4.40 All
Adult Breakfast \$2.45 Adult Lunch \$4.35

*While we prefer to utilize online accounts (pre-deposited money to Student account) to assist in speed of service we also accept Cash, Check and will process deposits for Student accounts.

**PLEASE NOTE: Supply Chain issues may result in unexpected menu changes. We will do everything possible to substitute with similar items, i.e. chicken nuggets substitute for chicken strips. We apologize for any inconveniences and thank you for your patience and understanding.



Nutrition information is available upon request.