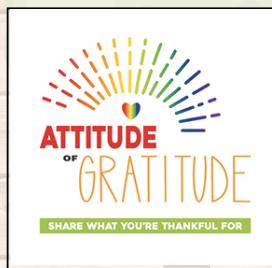


MONDAY



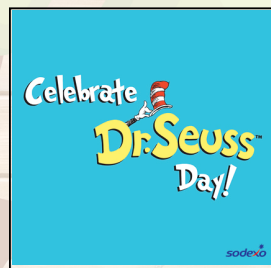
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



4

Sweet & Sour Chicken Rice Bowl
Cheese Quesadilla
Served w/
seasonal fruits or veggies
White, chocolate, strawberry milk

5

Breakfast for Lunch:
Pancakes w/ Sausage
Grilled Ham & Cheese Sandwich
Side Veggie: Broccoli
Served w/
seasonal fruits or veggies
white, chocolate, strawberry milk

6

Baked BBQ Chicken Sandwich
Bean & Cheese Burritos
Side Veggie: Corn
Served w/
seasonal fruits and veggies
white, strawberry, chocolate milk

7

Pizza
Chicken Nuggets with WG Roll
Side Veggie: mixed veggies
Served w/
seasonal fruits or veggies
white, chocolate, strawberry milk



Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

11

HAVE A

12

WONDERFUL

13

SPRING

14

BREAK



18

Crispy Chicken Burger
Chicken Alfredo
Side Veggie: Mixed Veggies
Served w/
Seasonal fruit or Veggies
White, Strawberry, Chocolate Milk

19

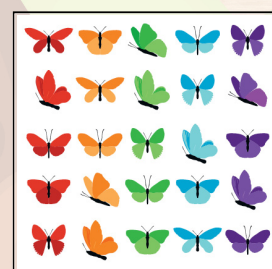
Breakfast for Lunch:
French Toast Sticks w/ Sausage
Grilled Chicken Sandwich
Side Veggie: Roasted Corn
Served w/ seasonal fruit or veggie
White, chocolate, or strawberry milk

20

Teriyaki Chicken Rice Bowl
Hot Dog w/ fries
Served w/
seasonal fruits or veggies
White, strawberry or chocolate milk

21

Cheeseburger or Hamburger
Fish Tacos
Side Veggie: Roasted Carrots
Served w/
Seasonal fruits or veggies
white, strawberry, or chocolate milk



Vegetarian items marked with (v)

25

Bacon Hamburger or Bacon
Cheeseburger
Country Fried Steak w/
mashed potatoes & gravy
Side Veggie: Roasted
Green Beans
Served w/
Seasonal fruit or veggies
white chocolate or strawberry milk

26

Chicken Nuggets with WG Roll
Nachos
Side Veggie: Seasoned
Carrot Coins
Served with
Seasonal fruit or veggies
White, chocolate, strawberry milk

27

Baked Penne Pasta with WG Roll (v)
Pizza
Side Veggie: Seasoned Corn
Served w/
Seasonal fruit or veggies
White, chocolate, strawberry

28

Popcorn Chicken bowl
Corn Dog w/ fries
Side Veggie: Roasted Broccoli
Served w/
seasonal fruit or veggies
white, chocolate, strawberry milk



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.

liftoffsplayground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--------|
| Breakfast Includes: Choice of entrée listed or selection of cereal with buttery wheat toast or cheese stick | & an inviting variety of tasty fruit and choice of milk. | | | |
| 3/4 Cheesy Omelet with Wheat Toast (v) Cereal Served with Seasonal fruit or cheese stick | 3/5 French Toast Bites Cereal Served w/ Seasonal fruits or cheese stick | 3/6 Freshly Baked Donut Cereal served w/ Seasonal fruit or cheese stick | 3/7 Cheesy Egg Breakfast Sandwich Cereal Served w/ Seasonal fruit or cheese stick | 3/8 |
| 3/11 HAVE A | 3/12 WONDERFUL | 3/13 SPRING | 3/14 BREAK | 3/15 |
| 3/18 Cheesy Sausage Breakfast Sandwich Cereal Served w/ Seasonal fruit or cheese stick | 3/19 Pancakes, Eggs, & Bacon Cereal Served w/ Seasonal fruit or cheese stick | 3/20 Mini waffles Cereal Served with Seasonal fruit or cheese stick | 3/21 Southern Style Ham & Cheese Biscuit Cereal Served with/ Seasonal fruit or cheese stick | 3/22 |
| 3/25 Strawberry Mini Bagels Cereal Serve with/ Seasonal fruits or cheese stick | 3/26 Chorizo breakfast burrito Cereal Served w/ Seasonal fruit or cheese stick | 3/27 Freshly Baked Donut Cereal Served with Seasonal fruit or cheese stick | 3/28 Cheesy Egg & Bacon Breakfast Sandwich (v) Whole Grain Cereal Served with | 3/29 |

Fresh Pick Recipe

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
 70 calories, 1g fat,
 20mg sodium, 1g fiber



Nutrition Information is available upon request.

