

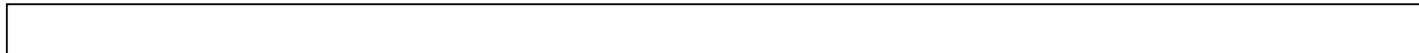
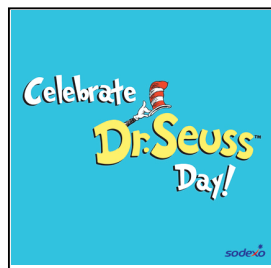
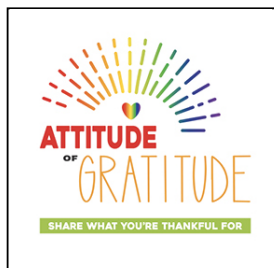
**MONDAY**

**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**

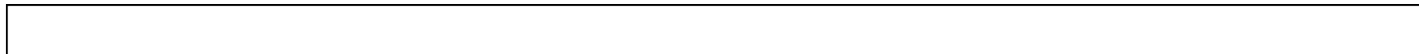
WONDERFUL

**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**

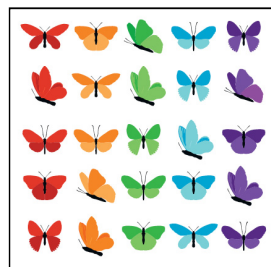
**Breakfast for Lunch:**  
French Toast Sticks w/ Sausage  
Grilled Chicken Sandwich  
Side Veggie: Roasted Corn  
Served w/ seasonal fruit or veggie  
White, chocolate, or strawberry milk

**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.

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Includes:</b> 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 <b>HAVE A</b>	3/12 <b>WONDERFUL</b>	3/13 <b>SPRING</b>	3/14 <b>BREAK</b>	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



Please look for these icons in your cafeteria.

