

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)

Menu Subject to Change

1

Pulled Pork

Chicken Nuggets with Dinner Roll

Vegetarian Baked Beans

2

Cheese or Pepperoni French Bread Pizza

Grilled Cheese

Steamed Mixed Vegetables

Offered Daily 1/29-2/2: Turkey & Cheese Sandwich or Peanut Butter & Jelly Sandwich

5

Hot Dog

Chicken Patty

Sweet Potato Fries

6

Taco Tuesday

Twin Beef Tacos with Spanish rice

Hot Dog

Potato Wedges

7

Meatball Parm. Sub

Cheeseburger

Roasted Broccoli & Red Peppers

8

Popcorn Chicken Bowl

Chicken Nuggets with Dinner Roll

Mashed Potatoes

9

Old School Cheese Pizza

Grilled Cheese

Steamed Green Beans

Offered Daily 2/5-2/9: Crispy Chicken Wrap or Peanut Butter & Jelly Sandwich

12

Comdog Bites

Chicken Patty

Sweet Potato Wedges

13

Taco Totchos with buttermilk biscuit

Hot Dog

Tater Tots

14

Happy Valentines Day!

Waffles with Strawberry Topping and Whipped Cream

Cheeseburger

Strawberry Jello Dessert

15

Orange Chicken Bowl with brown rice

Chicken Nuggets with Dinner Roll

Vegetarian Baked Beans

16

Cheese or Pepperoni Pizza Slice

Grilled Cheese

Low Country Green Beans

Offered Daily 2/12-2/16: Turkey Club Sandwich or Peanut Butter & Jelly Sandwich

19

No School

20

Chicken Nuggets with dinner roll

Hot Dog

Curly Fries

21

Chicken Cheesesteak

Cheeseburger

Roasted Broccoli & Carrots

22

Chicken & Waffles with syrup

Chicken Nuggets with Dinner Roll

Confetti Bean Salad

23

Cheese or Pepperoni French Bread Pizza

Grilled Cheese

Parmesan Green Beans

Offered Daily 2/19-2/23: Italian Sub or Peanut Butter & Jelly Sandwich

26

Cheesy Stuffed Breadsticks with marinara

Chicken Patty

Roasted Parmesan Carrot Sticks

27

Taco Tuesday

Twin Chicken Fajita Tacos with Spanish rice

Hot Dog

Smile Fries

28

Beefy Cheesy Mac & Cheese

Cheeseburger

Roasted Broccoli

29

Breakfast Potato Bowl with buttermilk biscuit

Chicken Nuggets with Dinner Roll

Hummus & Carrot Sticks



Offered Daily 2/26-2/29: Turkey & Cheese Sandwich or Peanut Butter & Jelly Sandwich

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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Oatmeal Chocolate Chip Bar Fruit/ Milk	Poptart Fruit/ Milk
Nutrigrain Bar Fruit/ Milk	Assorted Cereal Fruit/ Milk	Assorted Muffin Fruit/ Milk	Banana Bread Fruit/ Milk	Assorted Poptarts Fruit/ Milk
Assorted Cereal Fruit/ Milk	Pumpkin Bread Fruit? Milk	Assorted Poptarts Fruit/ Milk	Assorted Muffins Fruit/ Milk	Assorted Cereal Bars Fruit/ Milk
No School	Assorted Cereal Fruit/ Milk	Banana Bread Fruit/ Milk	Assorted Poptarts Fruit/ Milk	Nutrigrain Bar Fruit/ Milk
Bagel with Cream Cheese Fruit/ Milk	Oatmeal Chocolate Chip Bar Fruit/ Milk	Assorted Muffins Fruit/ Milk	Assorted Cereal Bar Fruit/ Milk	

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

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



Menu Subject to change.

Please contact:

Stacie.lyman@sodexo.com

with any dietary restrictions or Account Questions

To set-up a School Cafe Account:

<https://www.schoolcafe.com/MLP>

Nutrition Information is available upon request.

sodexo