

MONDAY



TUESDAY

1

Chicken Nuggles
Cheese Quesadilla
Steamed Broccoli
Assorted Fruit

WEDNESDAY

2

Chicken Patty
Hot Dog
Green Beans
Assorted Fruit

THURSDAY

3

Nachos with Cheese
Chicken Tenders
Peas
Assorted Fruit

FRIDAY

4

Cheesy Pizza
Pretzel Boat
Tossed Salad
Assorted Fruit

Meat & Cheese Sandwich or PB&J Available Daily
Menu Subject to Change

7

Breakfast Pizza
Corn Dog Nuggles
Corn
Assorted Fruit

8

Chicken Drumstick
Pretzel Melt
French Fries
Assorted Fruit

9

Italian Chicken Sandwich
Popcorn Chicken
Mixed Veggies
Assorted Fruit

10

General Tso's Chicken
over Rice
Hot Dog
Carrots
Assorted Fruit

11

Cheesy Pizza
Fish Sticks
Chips
Assorted Fruit

Meat & Cheese Sandwich or PB&J Available Daily
Menu Subject to Change

14

Egg Patty
with Sausage
Cheeseburger
Corn
Assorted Fruit

15

Chicken/Cheese Taquito
Chicken Tenders
Baked Beans
Assorted Fruit

16

Cheese Ravioli
Chicken Patty
Peas
Assorted Fruit

17

Sloppy Joe
Hot Dog
French Fries
Assorted Fruit

18

Cheesy Pizza
Pepperoni & Cheese Cup
Celery Sticks
Assorted Fruit

Meat & Cheese Sandwich or PB&J Available Daily
Menu Subject to Change

21

Cheeseburger
Hot Dog
French Fries
Assorted Fruit

22

BBQ Chicken Sandwich
Lasagna Roll Up
Carrots
Assorted Fruit

23

Pretzel Melt
Breakfast Pizza
Candied Sweet Potatoes
Assorted Fruit

24

Spaghetti & Meatballs
Chicken Nuggles
Mixed Veggies
Assorted Fruit

25

Cheesy Pizza
Turkey & Cheese Sub
Chips
Assorted Fruit

Meat & Cheese Sandwich or PB&J Available Daily
Menu Subject to Change

28

French Toast
with Sausage
Cheeseburger
Corn
Assorted Fruit

29

Oven Roasted Chicken
Hot Dog
Peas
Assorted Fruit

30

Chicken Parm
Chicken Nuggles
Broccoli
Assorted Fruit

31

Salisbury Steak
Chicken Tenders
Baked Beans
Assorted Fruit

Meat & Cheese Sandwich or PB&J Available Daily
Menu Subject to Change

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST

Breakfast March 2022

MONDAY: Pop Tarts, Cereal Bar, Muffins, Yogurt

TUESDAY: Pop Tarts, Cereal Bar, Muffins, Yogurt

WEDNESDAY: Pop Tarts, Cereal Bar, Muffins, Yogurt

THURSDAY: Pop Tarts, Cereal Bar, Muffins, Yogurt

FRIDAY: Pop Tarts, Cereal Bar, Muffins, Yogurt

Menu Subject to Change

Fresh Pick Recipe

COLCANNON
(SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper

1. Wash green onions and slice very thin on bias.
2. Wash parsley and chop.
3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
7. Blend cabbage and potato and place in a steamtable pan. Garnish with chopped parsley.

NUTRITION FACTS:
52 calories, .73g fat,
56mg sodium, 1.25g fiber

Nutrition Information is available upon request.

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