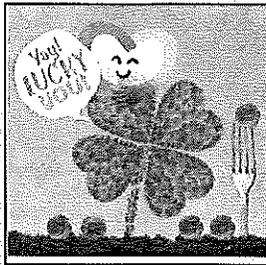


MONDAY



TUESDAY



WEDNESDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (sklm or 1%)
Menu Subject to Change

THURSDAY

FRIDAY

1
Big Daddy's Pizza Slice:
Cheese or Pepperoni

Grilled Cheese

Green Beans

Offered Daily 2/26-3/1: Turkey & Cheese Sandwich, or Peanut Butter & Jelly Sandwich

4

Macaroni & Cheese
w/ breadstick

Chicken Patty

Seasoned Carrot Coins

5

Turkey Bowl

Hot Dog

Seasoned Steamed Corn

6

Breakfast for Lunch:
Whole Grain Pancakes
w/ turkey sausage & syrup

Cheeseburger

Sautéed Spinach

7

Ham and Cheese Sliders

Chicken Nuggets
with Dinner Roll

Vegetarian Baked Beans

8

French Bread Pizza:
Cheese or Pepperoni

Grilled Cheese

Mixed Vegetables

Offered Daily 3/4-3/8: Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich

11

Cheesy Stuffed Breadsticks
w/ marinara sauce

Chicken Patty

Sweet Potato Fries

12

Taco Tuesday:
Beef Tacos
w/ Spanish rice

Hot Dog

Potato Wedges

13

Meatball Parmesan Sub

Cheeseburger

Roasted Broccoli & Red Peppers

14

Breakfast for Lunch:
Breakfast Bowl
(scrambled eggs & potato)

Chicken Nuggets
with Dinner Roll

Three Bean Salad

15

No School!

Offered Daily 3/11-3/15: Crispy Chicken Wrap or Peanut Butter & Jelly Sandwich

18

St. Patrick's Day Celebration!
Old School Cheese Pizza

Chicken Patty

Peanutbutter and Jelly Sandwich

Sweet Potatoes Fries

Try some Green Fruit and Veggies!!

19

Taco Totchos
w/ buttermilk biscuit

Hot Dog

Tater Tots

20

General Tso's Chicken
w/ brown rice

Cheeseburger

Roasted Broccoli

21

Pulled Pork Sandwich

Chicken Nuggets
with Dinner Roll

Vegetarian Baked Beans

22

Big Daddy's Pizza Slice:
Cheese, Pepperoni

Grilled Cheese

Mixed Vegetables

Offered Daily 3/19-3/22: Turkey Club Sandwich or Peanut Butter & Jelly Sandwich

25

Cheesy Baked Ziti
w/ garlic breadstick

Chicken Patty

Seasoned Carrot Coins

26

Beef Nachos
w/ salsa & sour cream

Hot Dog

Curly Fries

27

Chicken Cheesesteak

Cheeseburger

Roasted Broccoli & Carrots

28

Chicken & Waffles
w/ syrup

Chicken Nuggets
with Dinner Roll

Confetti Bean Salad

29

No School
Spring Break!

Offered Daily 3/25-3/29: Italian Sub or Peanut Butter & Jelly Sandwich

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.liftoffsplyground.com

BREAKFAST

MONDAY: Cereal
Juice/Milk

TUESDAY: Assorted Muffins
Juice/ Milk

WEDNESDAY: Assorted Poptart
Juice/ Milk

THURSDAY: Cereal
Juice/ Milk

FRIDAY: Assorted Muffins
Juice/ Milk

Fresh Pick Recipe

BOW TIE LASAGNA

- 1 lb bow tie pasta (cooked according to package directions)
- 2 tablespoons olive oil
- 1/2 cup onion, diced
- 3 garlic cloves, minced
- 1 lb ground turkey (or ground beef)
- 1 lb 9 oz jar of marinara sauce
- 1 14.5 oz can of tomatoes
- 1/2 cup fresh basil
- salt and pepper to taste
- 16 oz low fat cottage cheese
- 1/2 cup Parmesan cheese, grated
- 1 egg
- 2 tablespoons fresh parsley
- 1 cup mozzarella cheese, grated

1. Prepare all ingredients as directed.
2. In medium saucepan, sauté onions, garlic, and turkey until no longer pink.
3. Add marinara sauce, tomatoes, basil, and salt and pepper. Simmer meat sauce for 10 minutes.
4. In medium bowl, mix cottage cheese, Parmesan, egg, and parsley.
5. Spray a casserole dish with cooking spray. Place cooked pasta in the pan. Spoon the sauce over the pasta.
6. Evenly divide the cheese mixture over the sauce. Finish with the mozzarella.
7. Cover pan with foil and bake for 20 minutes in preheated 375 degree oven.
8. Remove foil and place back in the oven for 10 minutes.

Menu Subject to Change.

Nutrition Information is available upon request.