

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

- 1**
- Pepperoni Pizza Square
 - BBQ Chicken Wrap
 - Pretzel Chicken Salad
 - Sunbutter & Jelly Sandwich
 - Spinach & Chickpea Penne Salad
 - Baby Carrots
 - Cucumber Coins
 - Fresh Fruit & Chilled Fruit
 - Assorted Milk

Calories: 643 Kcals Sat Fat: 5.1 % Sodium: 833 mg

4

- Vegetarian Chili w/ Chips
- Bologna and Cheese Wrap
- Lift-Off Spinach Salad w/ Breadstick
- Sunbutter & Jelly Sandwich
- Baby Carrots, Broccoli, Mixed Greens, Three Bean Salad
- Chilled Fruit and Fresh Fruit
- Assorted Milk

5

- Chicken Patty on a Bun
- Ham and Cheese Sandwich
- Lift-Off Spinach Salad w/ Bread stick
- Sunbutter & Jelly Sandwich
- Steamed Peas, Baby Carrots, Broccoli, Mixed Greens, Three Bean Salad
- Chilled Fruit and Fresh Fruit
- Assorted Milk

6

- Beef Meatloaf w/ Roll
- Salami and Cheese Sandwich
- Lift-Off Spinach Salad
- Sunbutter & Jelly Sandwich
- Baby Carrots, Broccoli, Mixed Greens, Three Bean Salad, Mashed Potatoes
- Chilled Fruit and Fresh Fruit
- Assorted Milk

7

- Popcorn Chicken w/ Roll
- Turkey and Cheese Sandwich
- Lift-Off Spinach Salad w/ Breadstick
- Sunbutter & Jelly Sandwich
- Baby Carrots, Broccoli, Mixed Greens, Three Bean Salad
- Baked Beans
- Chilled Fruit and Fresh Fruit
- Assorted Milk

8

- Cheese Pizza
- Chicken Salad Sandwich
- Lift-Off Spinach Salad Breadstick
- Sunbutter & Jelly Sandwich
- Baby Carrots, Broccoli, Mixed Greens, Three Bean Salad
- Chilled Fruit and Fresh Fruit
- Assorted Milk

Calories: 561 Kcals Sat Fat: 7.08 % Sodium: 705 mg

11

- Alaskan Pollock Nuggets w/ Brown Rice
- Bologna & Cheese Sandwich
- Sunbutter & Jelly Sandwich
- Cob Salad w/Bread Stick
- Kale Salad w/Lemon, Cauliflower Florets, Cherry Tomatoes, Tuscan Bean Salad, Chilled Fruit and Fresh Assorted Milk

12

- Chicken Nuggets w/Roll
- Ham and Cheese Sandwich
- Sunbutter and Jelly Sandwich
- Cob Salad w/Bread Stick
- Sweet Corn
- Kale Salad w/Lemon, Cauliflower Florets, Cherry Tomatoes, Tuscan Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

13

- Shepherds Pie w/ Dinner Roll
- Salami and Cheese Sandwich
- Sunbutter and Jelly Sandwich
- Cob Salad w/Bread Stick
- Kale Salad w/Lemon, Cauliflower Florets, Cherry Tomatoes, Tuscan Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

14

- Cheesburger on a Bun
- Turkey and Cheese Sandwich
- Sunbutter and Jelly Sandwich
- Cob Salad w/Bread Stick
- Baby Carrots
- Kale Salad w/Lemon, Cauliflower Florets, Cherry Tomatoes, Tuscan Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

15

- Pepperoni Pizza
- Buffalo Chicken Wrap
- Sunbutter and Jelly Sandwich
- Cob Salad w/Bread Stick
- Kale Salad w/Lemon, Tomato Cauliflower Florets, Tuscan Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

Calories: 650 Kcals Sat Fat: 7.40 % Sodium: 911 mg

18

No School

19

No School

20

- ~~Beef Burrito w/ Cheese Salad and Cheese Sandwich~~
- ~~Sunbutter and Jelly Sandwich~~
- ~~Chef Salad w/Bread Stick~~
- ~~Mashed Corn~~
- ~~Mixed Salad Greens, Carrot Sticks, Celery Sticks, Oven Roasted Chickpeas, Chilled Fruit and Fresh Fruit~~
- ~~Assorted Milk~~

21

- ~~Hot Dog on a Bun~~
- ~~Turkey and Cheese Sandwich~~
- ~~Sunbutter and Jelly Sandwich~~
- ~~Chef Salad w/Bread Stick~~
- ~~Oven Baked Tatarian Beans~~
- ~~Mixed Salad Greens, Carrot Sticks, Celery Sticks, Oven Roasted Chickpeas, Chilled Fruit and Fresh Fruit~~
- ~~Assorted Milk~~

22

- ~~Pepperoni Pizza~~
- ~~Turkey Salad on a Bun~~
- ~~Sunbutter and Jelly Sandwich~~
- ~~Chef Salad w/Bread Stick~~
- ~~Mixed Salad Greens, Carrot Sticks, Celery Sticks, Oven Roasted Chick Peas, Chilled Fruit and Fresh Fruit~~
- ~~Assorted Milk~~

Calories: 635 Kcals Sat Fat: 6.89 % Sodium: 1006 mg

25

- Fish and Chips
- Bologna and Cheese Sandwich
- Fun on the Run
- Sunbutter and Jelly Sandwich
- Spinach Salad Blend, Tri Color Peppers, Cherry Tomatoes, Broccoli and Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

26

- Popcorn Chicken Bowl
- Salami & Cheese Sandwich
- Fun on the Run
- Sunbutter & Jelly Sandwich
- Spinach, Tri Colored Peppers, Baby Carrots
- Cucumber Coins
- Fresh Fruit & Chilled Fruit
- Assorted Milk

27

- American Chop Suey w/Dinner Roll
- Italian Sub
- Sunbutter and Jelly Sandwich
- Fun on the Run
- Spinach Salad Blend, Tri Color Peppers, Cherry Tomatoes, Broccoli and Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

28

- Corn Dog Nuggets w/ Dinner Roll
- Turkey and Cheese Sandwich
- Sunbutter and Jelly Sandwich
- Fun on the Run
- Peas
- Spinach Salad Blend, Tri Color Peppers, Cherry Tomatoes, Broccoli and Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

- Cheese Pizza
- Chicken Caesar Wrap
- Sunbutter and Jelly Sandwich
- Fun on the Run
- Spinach Salad Blend, Tri Color Peppers, Cherry Tomatoes, Broccoli and Bean Salad, Chilled Fruit and Fresh Fruit
- Assorted Milk

Calories: 643 Kcals, Saturated Fat: 5.21%, Sodium 819 mg

This institution is an equal opportunity provider.

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



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
				1 Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
4 Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	5 Shri Bar 100% Fruit Juice Dried Fruit Assorted Milk	6 Filled Bagel Bagged Dried Fruit and 2 Graham Crackers 100% Fruit Juice Dried Fruit Assorted Milk	7 Blueberry Muffin w/ 100% Fruit Juice Fresh Fruit Dried Fruit Assorted Milk	8 Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
11 Nutrigrain Bar w/ Graham Cracker Fresh Fruit and Dried Fruit Assorted Milk	12 Flavored Yogurt w/ Graham Cracker 100% Fruit Juice and Dried Fruit Assorted Milk	13 Flavored Frudel Bagged Craisins and 2 Graham Crackers 100% Fruit Juice Dried Fruit Assorted Milk	14 Chocolate Chip Muffin w/ 100 % Fruit Juice Dried Fruit Assorted Milk	15 Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
18 No School	19 No School	20 Filled Bagel Bagged Dried Fruit and Graham Crackers 100% Fruit Juice Dried Fruit	21 Apple Muffin w/100% Fruit Juice Dried Fruit Assorted Milk	22 Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
25 Strawberry Oat Bar w/ Graham Crackers Fresh Fruit Dried Fruit Assorted Milk	26 Flavored Yogurt With Goldfish Graham Fresh Fruit Dried Fruit Assorted Milk	27 Mini Waffles Bagged Dried Fruit and Graham Cracker Fresh Fruit Assorted Milk	28 Banana Muffin w/ 100% Fruit Juice Dried Fruit Assorted Milk	

Fresh Pick Recipe

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS:
57 calories, 1g fat,
55mg sodium, 3g fiber

freshpick
for better health



February's harvest of the month is Carrots. Carrots are a Red Orange sub group in the National School Lunch Program.

The carrot gets its bright orange color from beta-carotene. The the body converts to vitamin A. No other vegetable or fruit contains as much carotene as carrots do.

sodexo