

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- 1**
- Pizza Y Queso Con Pepperoni
 - Sandwich De Ensalada De Pollo
 - Sandwich De Mantequilla Mermelada
 - Ensalada De Pollo Con Pretzel Con Palito De Pan
 - Ensalada Pepino, Zanahoras
 - Ensalada De Garbanzo Con Macarrones
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

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

- 4**
- Chili Vegetariano Con Chips
 - Sandwich De Bologna Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada Especial Con Palito De Pan
 - Ensalada, Brocoli, Zanahoras
 - Ensalada De Tre Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 5**
- Rebanada De Pollo Con Pan
 - Sandwich De Jamon Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada Especial Con Plaito De Pan
 - Ensalada, Zanahoras, Brocoli
 - Ensalada De Tre Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 6**
- Pastel De Carne Con Pan
 - Sandwich De Salami Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada Especial Con Pan
 - Ensalada, Zanahoras, Brocoli
 - Ensalada De Tre Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 7**
- Bollitas De Pollo Con Pan
 - Sandwich De Pavo Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada Especial Con Pan
 - Ensalada, Zanahoras, Brocoli
 - Ensalada De Tre Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 8**
- Pizza Con Queso
 - Sandwich De Ensalada De Pollo
 - Sandwich De Mantequilla Mermelada
 - Ensalada Especial Con Pan
 - Ensalada, Zanahoras, Brocoli
 - Ensalada De Tre Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

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

- 11**
- Bollitas De Pescado
 - Sandwich De Bologna Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada De Cob Con Palito De Pan
 - Arroz
 - Ensalada De Col Rizada Con Limon
 - Coliflor, Tomate
 - Ensalada De Frijoles Toscanos
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 12**
- Bollitas De Pollo Con Pan
 - Sandwich De Jamon Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada De Cob Con Palito De Pan
 - Ensalada De Col Rizada Con Limon
 - Coliflor, Tomate
 - Ensalada De Frijoles Toscanos
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 13**
- Pure De Papa Carne Maiz Con Pan
 - Sandwich De Salami Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada De Cob Con Palito De Pollo
 - Ensalada De Col Rizada Con Limon
 - Coliflor, Tomate
 - Ensalada De Frijoles Toscanos
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 14**
- Hamburguesa Con Queso Con Pan
 - Sandwich De Pavo Y Queso
 - Sandwich De Mantequilla Mermelada
 - Ensalada De Cob Con Palito De Pan
 - Ensalada De Col Rizada Con Limon
 - Zanahoras, Coliflor, Tomate
 - Ensalada De Frijoles Toscanos
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 15**
- Pizza Con Queso
 - Envuelto De Pollo Bufo
 - Sandwich De Mantequilla Mermelada
 - Ensalada De Cob Con Palito De Pan
 - Ensalada De Col Rizada Con Limon
 - Coliflor Tomate
 - Ensalada De Frijoles Toscanos
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

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

18

No Hay Clases

19

No Hay Clases

20

~~Burrito De Carne Con Queso~~
~~Sandwich De Salami Y Queso~~
~~Sandwich De Mantequilla Mermelada~~
~~Ensalada Del Chef Con Palito De Pan~~
~~Ensalada, Zanahoras, Apio~~
~~Garbanzo Al Horno~~
~~Fruta En Conserva Fruta Fresca~~
~~Leches Surtidas~~

21

~~Hot Dog Con Pan~~
~~Sandwich De Pavo Y Queso~~
~~Sandwich De Mantequilla Mermelada~~
~~Ensalada Del Chef Con Palito De Pan~~
~~Frijoles Vegetarianos Al Horno~~
~~Ensalada, Zanahoras, Apio~~
~~Garbanzo Al Horno~~
~~Fruta En Conserva Fruta Fresca~~
~~Leches Surtidas~~

22

~~Pizza Con Queso Con Pepperoni~~
~~Sandwich De Jamon~~
~~Sandwich De Mantequilla Mermelada~~
~~Ensalada Del Chef Con Palito De Pan~~
~~Ensalada, Zanahoras, Apio~~
~~Garbanzo Al Horno~~
~~Fruta En Conserva Fruta Fresca~~
~~Leches Surtidas~~

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

- 25**
- Pescado Con Papas Fritas
 - Sandwich De Bologna Y Queso
 - Sandwich De Mantequilla Mermelada
 - Diversion En La Carrera
 - Espinaca, Pimienta, Tomate
 - Ensalada De Brocoli Con Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 26**
- Bollitas De Pollo Con Pure De Papa Maiz
 - Sandwich De Salami Y Queso
 - Sandwich De Mantequilla Mermelada
 - Diversion En La Carrera
 - Espinaca, Pimienta Tomate
 - Ensalada De Brocoli Con Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 27**
- Macarrones Con Salsa De Carne Con Pan
 - Sandwich Italiano
 - Sandwich De Mantequilla Mermelada
 - Diversion En La Carrera
 - Espinaca, Pimienta, Tomate
 - Ensalada De Brocoli Con Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

- 28**
- Bollitas De Hot Dog De Maiz
 - Sandwich De Pavo Y Queso
 - Sandwich De Mantequilla Mermelada
 - Diversion En La Carrera
 - Guisante
 - Espinaca, Pimienta, Tomate
 - Ensalada De Brocoli Con Frijoles
 - Fruta En Conserva Fruta Fresca
 - Leches Surtidas

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

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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 Reducido Azucar De Cereal Galleta Jugo Fruta Seca Leches Surtidas
4 Barra De Cereales De Cherrio Con Galleta Fruta Seca Jugo Leches Surtidas	5 Barra De Shri Jugo Fruta Fresca Fruta Seca Leches Surtidas	6 Penecillo Relleno En Bolsas De Fruta Seca Galleta Jugo Leches Surtidas	7 Muffin DE Arandanos Jugo Fruta Seca Leches Surtidas	8 Reducido Azucar De Cereal Galleta Jugo Fruta Seca Leches Surtidas
11 Barra De Avena Fresa Galleta Fruta Fresca Fruta Seca Leches Surtidas	12 Yogurt Sabor Con Galleta Jugo Fruta Seca Leches Surtidas	13 Sabor De Frudel En Bolsas De Fruta Seca Galleta Jugo Leches Surtidas	14 Muffin De Chocolate Jugo Fruta Seca leches Surtidas	15 Reducido De Azucar De Cereal Galleta Jugo Leches Surtidas
18 No Hay Clases	19 No Hay Clases	20 Panecillo Relleno Fruta Seca Galleta Jugo Leches Surtidas	21 Muffin De Manzana Jugo Fruta Seca Leches Surtidas	22 Reducido Azucar De Cereal Galleta Jugo Fruta Seca Leches Surtidas
25 Barra De Avena Fresa Galleta Fruta Fresca Fruta Seca Leches Surtidas	26 Sabor De Yogur Con Galleta Fruta Freca Fruta Seca Leches Surtidas	27 Mini Waffles El Bolsas De Fruta Seca Con Galleta Fruta Fresca Leches Surtidas	28 Muffin De Banana Jugo Fruta Seca Leches Surtidas	

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

La Cosecha De Febrero del mes es Zanahorias. Las Zanahorias son subgrupo rojo naranja en el programa de nacional de almuerzos escolares.

La Zanahorias obtiene su color naranja brillante de beta caroteno. El Cuerpo se convierte en vitamona a. Ninguna otra verdura o fruta contiene tanto caroteno como las zanahorias.

