

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
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: 550 Kcals Sat Fat: 6.31 % Sodium: 663 mg

4
Macaroni & Cheese w/ Dinner Roll
Mediterranean Veggie Wrap with
Mozzarella Cheese
Pretzel Chicken Salad
Sunbutter & Jelly Sandwich
Spinach & Chickpea Penne Salad
Baby Carrots
Cucumber Coins
Fresh Fruit & Chilled Fruit
Assorted Milk

5
Popcorn Chicken Bowl
Pretzel Chicken Salad
Salami & Cheese Sandwich
Sunbutter & Jelly Sandwich
Spinach & Chickpea Penne Salad
Cucumber Coins
Fresh Fruit & Chilled Fruit
Assorted Milk

6
Beef Burrito w/ Cheese
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Mexi Cali Corn
Spinach & Chickpea Penne Salad
Baby Carrots
Cucumber Coins
Chilled Fruit and Fresh Fruit
Assorted Milk

7
Hot dog on a Bun
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Oven Baked Vegetarian Beans
Spinach & Chickpea Penne Salad
Baby Carrots
Cucumber Coins
Chilled Fruit and Fresh Fruit
Assorted Milk

8
Pepperoni Pizza
Tuna Salad on a Bun
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Steamed Broccoli
Spinach & Chickpea Penne Salad
Baby Carrots
Cucumber Coins
Chilled Fruit and Fresh Fruit
Assorted Milk

Calories: 635 Kcals Sat Fat: 7.46 % Sodium: 1076 mg

11
Vegetarian Chili w/ Chips
Bologna and Cheese Wrap
Lift-Off Spinach Salad w/ Breadstick
Sunbutter & Jelly Sandwich
Baby Carrots, Mixed
Greens, Three Bean Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

12
Chicken Patty
Ham and Cheese Sandwich
Lift- Off Spinach Salad w/ Bread stick
Sunbutter & Jelly Sandwich
Steamed Peas,
Broccoli, Baby Carrots, Mixed Greens,
Three Bean Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

13
Shepherds Pie w/ Roll
Salami and Cheese Sandwich
Lift-Off Spinach Salad
Sunbutter & Jelly Sandwich
Baby Carrots, Broccoli, Mixed
Greens, Three Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

14
Popcorn Chicken w/ Roll
Turkey and Cheese Sandwich
Lift-Off Spinach Salad w/ Breadstick
Sunbutter & Jelly Sandwich
Baked Beans
Baby Carrots, Broccoli, Mixed Greens,
Three Bean Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

15
Cheese Pizza
Chicken Salad Sandwich
Lift-Off Spinach Salad Breadstick
Sunbutter & Jelly Sandwich
Steamed Mixed Vegetables
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

18
No School

19
Chicken Nuggets w/Roll
Ham and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Steamed Sweet Corn
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

20
Meatloaf w/ Dinner Roll
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Mashed Potatoes
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

21
Cheeseburger on a Bun
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Polato Wedges
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

22
Cheese Pizza
Buffalo Chicken Wrap
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Kale Salad w/Lemon, Cherry Tomato
Cauliflower Florets
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

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

25
Oven Baked Pasta w/ Dinner Roll
Chicken Salad Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh
Assorted Milk

26
Chicken Patty on a bun
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Steamed Broccoli
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh
Assorted Mil

27
Beef Nachos w/ Cheese
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Mexi Cali Corn
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

28
Hot dog on a Bun
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Vegetarian Beans
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

29
Pepperoni Pizza
Tuna Salad on a Bun
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Steamed Mixed Vegetables
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

Calories: 637 Kcals Sat Fat: 6.58 % Sodium: 1001 mg

National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



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

liffsofplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	Shri Bar Fresh Fruit Dried Fruit Assorted Milk	Cinnamon Filled Bagels Bagged (Craisins and 2 Graham Crackers) Dried Fruit Assorted Milk	Blueberry Muffin w/ 100% fruit Juice Fresh Fruit Assorted Milk	Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
Strawberry Oat Bar w/ Graham Crackers Fresh Fruit Dried Fruit Assorted Milk	Flavored Yogurt With Goldfish Graham Fresh Fruit Dried Fruit Assorted Mi	Mini Pancakes Bagged Dried Fruit and Graham Crackers 100% Fruit Juice Dried Fruit Assorted Mil	Chocolate Chip Muffins Fruit Juice Dried Fruit Assorted Milk	Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
	Shri Bar 100% Fruit Juice Dried Fruit Assorted Milk	Strawberry Filled Bagels Bagged Dried Fruit and Graham Crackers 100% Fruit Juice Dried Fruit Assorted Milk	Apple Muffin w/ 100 % Fruit Juice Dried Fruit Assorted Milk	Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
Strawberry Oat Bar w/ Graham Crackers Fresh Fruit Dried Fruit Assorted Milk	Flavored Yogurt With Goldfish Graham Fresh Fruit Dried Fruit Assorted Milk	Mini Waffles Bagged Dried Fruit and Graham Cracker Fresh Fruit Assorted Milk	Banana Muffins Fruit Juice Dried Fruit Assorted Milk	Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.



Cantaloupe are the most popular type of melon in the USA. Cantaloupe is a source of dietary fibers, vitamins A, C.

March is National Nutrition Month: Reminding us to make healthy food choices and develop positive eating and physical activity habits.

March 4th -8th is National Breakfast Week!

