

FRIDAY



NO
SCHOOL

1

4

*Spaghetti
w/Marinara
*Turkey & Cheese
Sandwich
Veggie
Fruit
Milk

5

*Chicken Patty Sandwich
*Chef Salad
Goldfish Crackers
Veggie
Fruit
Milk

6

- *Beefy Nachos
- *Italian Sub
- Veggie
- Fruit
- Milk

7

*Chicken Nugget/Mashed
Potato Bowl
*All American
Sandwich
Veggie
Fruit
Milk

8

*Cheese Pizza
*PB&J Sandwich
Veggie
Fruit
Milk

11

- *Italian Dunkers w/Marinara
- *Ham & Cheese Sandwich
- Veggie
- Fruit
- Milk

12

- *Hamburger/Cheeseburger
- *Hot Dog
- Fries
- Veggie
- Fruit
- Milk

13

- *Beef Tot'Chos
- *Taco Salad
- Veggie
- Fruit
- Milk

14

- *Mac & Cheese
- *Chicken Patty Sandwich
- Veggie
- Fruit
- Milk

15

- *Pepperoni Pizza
- *Turkey Sandwich
- Veggie
- Fruit
- Milk

18

- *Chicken Nuggets
- *PB&J Sandwich
- Veggie
- Fruit
- Milk

19

- *Beef Nachos
- *Italian Sub
- Veggie
- Fruit
- Milk

20

- *Hamburger/Cheeseburger
- *Hot Dog
- Fries
- Veggie
- Fruit
- Milk

21

- *Chicken Alfredo w/Roll
- *Italian Dunkers w/Marinara
- Veggie
- Fruit
- Milk

22

- *Nachos
- *Chicken Caesar Salad
- Veggie
- Fruit
- Milk

25

- *Hamburger/Cheeseburger
- *Bean & Cheese
- Burrito
- Veggie
- Fruit
- Milk

26

- *Chicken Alfredo
- *Chicken Patty Sandwich
- Veggie
- Fruit
- Milk

27

- *Soft Pretzel w/Cheese
- *Chef Salad
- Veggie
- Fruit
- Milk

28

*Chicken Nugget
Mashed Potato
Bowl/Roll
*Corn Dog
Veggie
Fruit
Milk

29

NO
SCHOOL

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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				NO SCHOOL
*Pancake Stick *Cereal & Toast Fruit Milk	*Yogurt Parfait *Cereal & Toast Fruit Milk	*Egg & Cheese Biscuit *Cereal & Toast Fruit Milk	*Pancakes *Cereal & Toast Fruit Milk	*Muffin *Cereal & Toast Fruit Milk
*Glazed Donut Holes *Cereal & Toast Fruit Milk	*Egg & Cheese Quesadilla *Cereal & Toast Fruit Milk	*Oatmeal Bar w/Brown Sugar *Cereal & Toast Fruit Milk	*Hot Oatmeal Bar *Cereal & Toast Fruit Milk	*French Toast & Eggs *Cereal & Toast Fruit Milk
*Waffles & Eggs *Cereal & Grahams Fruit Milk	*Oatmeal Rounds *Cereal & Toast Fruit Milk	*Potato, Egg & Ham Breakfast Bowl *Cereal & Toast Fruit Milk	*Hot Oatmeal Bar *Cereal & Toast Fruit Milk	*Cinnamon Roll *Cereal & Toast Fruit Milk
*Pancake Stick *Cereal & Toast Fruit Milk	*Waffles *Cereal & Toast Fruit Milk	*Ham & Cheese Biscuit *Cereal & Toast Fruit Milk	*Frudel *Cereal & Toast Fruit Milk	NO SCHOOL

Fresh Pick Recipe

RADISH AND CUCUMBER BRUSCHETTA

- 4 tablespoons olive oil, divided
- 8 large radishes (or 16 medium to small), sliced
- 1/2 cucumber (seedless), sliced in half moon rounds
- 1 garlic clove, sliced (optional)
- salt and pepper to taste
- 8 slices of french bread, 1/4" to 1/2" thick
- 2 tablespoons lemon juice
- 2 tablespoons parsley
- 1/2 teaspoon dill

1. Prepare ingredients as directed.
2. In small sauté pan add 1 to 2 tablespoons of olive oil, sliced garlic (if using), and sliced radishes.
3. Sauté for 5 minutes and then add the cucumbers and sauté for an additional 2 to 3 minutes. Add salt and pepper to taste.
4. Place bread slices on baking pan.
5. Combine equal parts of lemon juice and olive oil and brush on the bread. Sprinkle the fresh parsley on the bread.
6. Broil bread in oven until golden and crispy.
7. To serve, place a serving of the radish and cucumber mixture on each piece of toast and garnish with dill. This is delicious served warm or at room temperature.

freshpick
for better health
by sodexo



Meal Prices for March

19 Days

Month Totals

Full Pay Breakfast \$24.70 Reduced Pay Breakfast \$5.70
Full Pay Lunch \$36.10 Reduced Pay Lunch \$7.60

Nutrition Information is available upon request.