

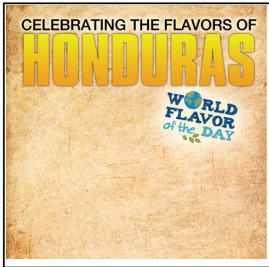
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1% WHITE MILK
FAT FREE
CHOCOLATE MILK!

1
1. Fiesta Nachos w/ Meat Sauce
2. Chicken Parmesan Sandwich
3. Chicken Caesar Salad
Sides: Mexican Beans
Fresh Fruit

2
1. Italian Pepperoni Pizza or Home-Style Cheese Pizza
2. Charbroiled Beef Patty w/ Cheese on a Bun
3. Heart Healthy Spinach Salad w/ WW Roll
Sides: Carrot Coins
Seasonal Fruit

3
1. Sesame Ginger Chicken
2. WG Chicken Patty on a WW Bun
3. Fiesta Taco Salad
Sides: Broccoli
Chilled Fruit

6
1. Cheese Enchiladas
2. Corn Dog
3. Yogurt String Cheese & Crackers
Sides: Refried Beans
Chilled Fruit

7
1. Chicken & Waffle w/ Syrup
2. WG Chicken Patty on a WW Roll
3. Club Wrap on a WG Tortilla
Sides: Steamed Corn
Fresh Fruit

8
1. Frank & Mac
2. Meatball Sub
3. Fiesta Chicken Salad
Sides: Steamed Carrots
Fresh Fruit

9
1. Italian Pepperoni Pizza or Home-Style Cheese Pizza
2. Quesadilla
3. All American Sub
Sides: Spinach
Fruit Juice

10
1. Chicken Stir Fry
2. Charbroiled Beef Patty on a Bun
3. Buffalo Chicken Salad w/ WW Roll
4. Italian Sub
Sides: Broccoli
Chilled Fruit

13
1. Baked Chicken Nuggets w/ WW Roll
2. Charbroiled Beef Patty w/ Cheese on a Bun
3. Pueblo Salad w WW Roll
Sides: Mashed Potatoes
Chilled Fruit

14
1. Rotini w/ Meat Sauce
2. WG Chicken Patty on a Bun
3. Crispy Chicken Wrap on a WW Tortilla
Sides: Broccoli
Fresh Fruit

15
1. Bean & Cheese Burrito
2. Charbroiled Beef Patty on Bun
3. Chef Salad w/ WW Roll
4. Sun Butter & Jelly Sandwich
Sides: Black Beans
Fresh Fruit

16
1. Italian Pepperoni Pizza or Home-Style Cheese Pizza
2. BBQ Beef Rib Patty on a Bun
3. Turkey Ham & Cheese Sandwich
Sides: Green Beans
Seasonal Fruit

17
1. Fiesta Nachos w/ Meat & Cheese
2. Grilled Cheese & Tomato Soup
3. Fiesta Taco Salad & Salsa
Sides: Steamed Carrots
Chilled Fruit

20
1. Chili Frito & Roll
2. Old Fashion Hot Dog
3. Italian Sub
Sides: Green Beans
Chilled Fruit

21
1. Frank & Mac w/ Fish
2. WG Chicken Patty on a Bun
3. Crispy Chicken Salad w/ WW Roll
Sides: Glazed Carrots
Fresh Fruit

22
1. Breakfast For Lunch
2. Charbroiled Beef Patty w/ Cheese on a Bun
3. Mini Mouse Salad w/ WW Roll
Sides: Hash Brown
Fresh Fruit

23
1. Italian Pepperoni Pizza or Home-Style Cheese Pizza
2. BBQ Pulled Pork Sandwich
3. Turkey & Cheese Wrap
Sides: Spinach
Seasonal Fruit

24
1. Orange Chicken w/ Brown Rice
2. Hot Turkey & Cheese Slider
3. Yogurt String Cheese & Crackers
Sides: Corn
Chilled Fruit

27
1. Chicken & Waffle w/ Syrup
2. Grilled Turkey Ham & Cheese on WW Bread
3. Chef Salad w/ WW Roll
4. Sun Butter & Jelly Sandwich
Sides: Potato Wedges
Chilled Fruit

28
1. Spaghetti w/ Meatballs
2. Baked Chicken Nuggets w/ WW Roll
3. Buffalo Chicken Wrap on WG Tortilla
Sides: Cauliflower
Fresh Fruit

29
1. Fiesta Nachos w/ Meat Sauce
2. Chicken Parmesan Sandwich
3. Chicken Caesar Salad
Sides: Mexican Beans
Fresh Fruit

30
1. Italian Pepperoni Pizza or Home-Style Cheese Pizza
2. Charbroiled Beef Patty w/ Cheese on a Bun
3. Heart Healthy Spinach Salad w/ WW Roll
Sides: Carrot Coins
Seasonal Fruit

31
1. Sesame Ginger Chicken
2. WG Chicken Patty on a WW Bun
3. Fiesta Taco Salad
Sides: Broccoli
Chilled Fruit

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.

liffosplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% WHITE MILK FAT FREE CHOCOLATE MILK OFFERED DAILY!		1. Pancakes w/ Turkey Sausage 2. Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. Breakfast on a Stick 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. French Toast Sticks w/ Turkey Sausage 2. Cereal Bar w/ Cheese Stick 3. Asst WG Cereal w/ WW Toast Orange Juice
1. Breakfast on a Stick 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Seasonal Fruit	1. Cheese Egg & Toast 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Apple Juice	1. WW Pancakes w/ Turkey Sausage 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Chorizo Burrito 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. WG Breakfast Pizza 2. Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Orange Juice
1. French Toast Stick w/ Turkey Sausage 2. Cereal Bar w/ Cheese Stick 3. Asst WG Cereal w/ WW Toast Seasonal Fruit	1. Tater Crunch Burrito 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Apple Juice	1. WG Breakfast Pizza 2. Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Wild West Eggs 2. Double Berry Parfait 3. Asst WG Cereal w/ WW Toast Seasonal Fruit	1. Sausage & Cheese Bagelwich 2. Cereal Bar w/ Cheese Stick 3. Asst WG Cereal w/ WW Toast Seasonal Fruit
1. WW Pancakes w/ Turkey Sausage 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Wild West Eggs 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Apple Juice	1. Breakfast on a Stick 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Seasonal Fresh Fruit	1. WG Breakfast Pizza 2. Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Turkey Sausage & Cheese Muffin 2. Cereal Bar w/ Cheese String 3. Asst WG Cereal w/ WW Toast Orange Juice
1. Egg O' Muffin 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. WG Breakfast Pizza 2. Cereal Bar w/ Cheese String 3. Asst WG Cereal Apple Juice	1. Pancakes w/ Turkey Sausage 2. Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. Breakfast on a Stick 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. French Toast Sticks w/ Turkey Sausage 2. Cereal Bar w/ Cheese Stick 3. Asst WG Cereal w/ WW Toast Orange Juice

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
 - 2 tablespoons olive oil
 - 1 1/2 tablespoons lemon juice
 - 1/4 cup fresh parsley, sliced
 - 1 cup nonfat sour cream
 - 1 1/2 tablespoon chives, chopped small
 - sea salt and pepper
1. Boil potatoes in pan of water until tender and drain.
 2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
 3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
 4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
 5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
 6. Remove potatoes from the oven and sprinkle with the parsley.
 7. Mix the chives with the sour cream and serve on the side.



Build a balance plate to help you feel Great! The five components are:

- VEGETABLE
- FRUIT
- GRAIN
- PROTEIN
- MILK

Pick at least 3 components out of the 5 one of them should be a FRUIT OR A VEGETABLE.

