

MONDAY



TUESDAY



WEDNESDAY

1

Manager's Special
Turkey Ham & Cheese Sandwich
Buffalo Chicken Salad
Bagel Bag
Steamed Broccoli
Spinach Side Salad
Fresh Fruit or Fruit Cup

THURSDAY

2

DR. Seuss' Birthday
Cat in the Hat Pizza
Grinwich Grilled Cheese Sandwich
One Fish, Two Fish Cheese & Cracker Box
Thing One and Thing Two Veggies
Horton's Turkey Ham & Cheese
Splendiferous Side Salad
Red Fish, Blue Fish Jello Cup
Lorax Oranges

FRIDAY

3

BBQ Beef Rib Sub
Chicken Stir Fry w/ Brown Rice
Turkey Ham & Cheese Sandwich
Buffalo Chicken Salad
Bagel Bag
Garlic Spinach
Spinach Side Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, or Low Fat Chocolate

6

Fish Patty on Ham Bun
Lattice Fry Burger
Chicken Salad Kaiser
Chicken Caesar Salad
Yogurt Parfait
Lattice Fries
Romaine Side Salad
Fresh Fruit & Fruit Cup

7

Chicken Nuggets w/ Breadstick
Grilled Pretzel Melt
Chicken Salad Kaiser
Chicken Caesar Salad
Yogurt Parfait
Golden Corn
Romaine Side Salad
Fresh Fruit & Fruit Cup
Asst. Fruit Juice

8

Pasta w/ Meatballs and Breadstick
Chicken Patty Bruscetta
Chicken Salad Kaiser
Chicken Caesar Salad
Yogurt Parfait
Steamed Broccoli
Romaine Side Salad
Fresh Fruit & Fruit Cup

9

Crazy Nachos w/ Shredded Lettuce & Cheese
Chicken Salad Kaiser
Chicken Caesar Salad
Yogurt Parfait
Brown Rice
Latin Kidney Beans
Romaine Side Salad
Fresh Fruit & Fruit Cup
Assorted Juices

10

4X6 Smart Pizza
South of the Border Fish Tacos w/ Shredded Lettuce & Cheese
Chicken Salad Kaiser
Chicken Caesar Salad
Yogurt Parfait
Green Beans
Romaine Side Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

13

Cheese Quesadilla w/ Sour Cream & Salsa
Pretzel Burger
Tuna Wrap
Chef Salad w/ Dinner Roll
Bagel Bag
Glazed Carrots
Spinach Side Salad
Fresh Fruit & Fruit Cup

14

Popcorn Chicken Bowl w/ Dinner Roll
Fish Sticks w/ Dinner Roll
Tuna Wrap
Chef Salad w/ Dinner Roll
Bagel Bag
Mashed Potatoes
Golden Corn
Spinach Side Salad
Fresh Fruit & Fruit Cup

15

1/2 Day
Spiral Dog
Tuna Wrap
Chef Salad w/ Dinner Roll
Bagel Bag
French Fries
Spinach Side Salad
Fresh Fruit & Fruit

16

NO SERVICE

17

NO SERVICE

20

Mozzarella Sticks w/ Marinara Sauce
Cheeseburger on wg Bun
Turkey & Cheese Sandwich
Antipasto Salad w/ Dinner Roll
Pretzel Bag
Sweet Potato Fries
Romaine Side Salad
Fresh Fruit & Fruit Cup

21

Chicken Tenders w/ Breadstick
Taco Stuffed Baked Potato w/ Tortilla Chips
Turkey & Cheese Sandwich
Antipasto Salad w/ Dinner Roll
Pretzel Bag
Golden Corn
Romaine Side Salad
Fresh Fruit & Fruit Cup

22

Chicken & Waffles w/ Syrup
Corn Dog
Turkey & Cheese Sandwich
Antipasto Salad w/ Dinner Roll
Pretzel Bag
Vegetarian Beans
Carrot Dippers
Romaine Side Salad
Fresh Fruit & Fruit

23

Pasta Bar w/ Breadstick
Spaghetti and Meatballs
Turkey & Cheese Sandwich
Antipasto Salad w/ Dinner Roll
Pretzel Bag
Steamed Broccoli
Romaine Side Salad
Fresh Fruit & Fruit
Asst. Fruit Juices

24

French Bread Pizza
Cheese or Pepperoni
Grilled Cheese w/ Tomato Soup
Turkey & Cheese Sandwich
Antipasto Salad w/ Dinner Roll
Pretzel Bag
Roasted Vegetables
Romaine Side Salad
Fresh Fruit & Fruit

27

Bosco Sticks w/ Marinara Dipping Sauce
Cheeseburger on wg Bun
Tuna Salad on Kaiser Roll
Yogurt Bag
Crispy Chicken Salad w/ Roll
Sweet Potato Fries
Spinach Side Salad
Asst. Fresh Fruit & Fruit Cup

28

Jamaican Beef Patty
Soft Turkey Tacos w/ Brown Rice & Shredded Lettuce & Cheese
Tuna Salad on Kaiser Roll
Crispy Chicken Salad w/ Roll
Yogurt Bag
Latin Kidney Beans
Spinach Side Salad
Fresh Fruit & Fruit Cup

29

Orange Ginger Chicken w/ Brown Rice
Fortune Cookie
Tuna Salad on Kaiser Roll
Crispy Chicken Salad w/ Roll
Yogurt Bag
Steamed Broccoli
Spinach Side Salad
Fresh Fruit & Fruit Cup

30

Chicken Sticks w/ Dinner Roll
Grilled Ham & Cheese w/ Tomato Soup
Tuna Salad on Kaiser
Crispy Chicken Salad w/ Roll
Yogurt Bag
French Fries
Carrot Dippers
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

31

Smart 4x6 Pizza
w/ Cheese or Turkey Pepperoni
Fish Sticks w/ Tortilla Chips
Tuna Salad on Kaiser
Crispy Chicken Salad w/ Roll
Yogurt Bag
Steamed Green Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

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
Served Daily: Muffin w/ Graham Cracker Bagel w/ Cream Cheese Asst. Cereal w/ Graham Cracker		Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Phillsbury Mini Cinnis #285548	French Toast Sticks w/ Syrup w/ Turkey Sausage Link Bkfst in the Classroom Mini Cinn French Toast #311682	Egg Patty w/ Cheese Turkey Canadian Bacon on English Muffin Bkfst in the Classroom Egg & Cheese Sandwich
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Bagel w/ Cream Cheese	Egg & Cheese Omelet w/ Seasoned Diced Potatoes Bkfst in the Classroom Banana Muffin #404386	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Mini Blueberry Waffle #371733	French Toast Sticks w/ Syrup Bkfst in the Classroom Mini Cinn. French Toast #311682	Pancake Sandwich w/ Egg Patty & Turkey Canadian Bacon Bkfst in the Classroom Mini Strawberry Pancakes
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Mini Strawberry Bagel #441652	Egg & Cheese Omelet w/ Hashbrown Patties Bkfst in the Classroom Glazed Doughnut #408411	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Mini Cinnamon Roll #285548	NO SERVICE	NO SERVICE
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Plain Bagel w/ Cream Cheese & Jelly	Egg & Cheese Omelet w/ Seasoned Diced Potatoes Bkfst in the Classroom Chocolate Chip Muffin #404388	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Apple/Cherry Frudel #264280	French Toast Sticks w/ Turkey Sausage Link Bkfst in the Classroom Tripple Berry French Toast #312633	Pancake Sandwich w/ Turkey Sausage Patty & Egg Patty Bkfst in the Classroom Mini Strawberry Pancake #518760
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Mini Cinnamon Bagel #441988	Egg & Cheese Omelet w/ Hashbrown Patties Bkfst in the Classroom Blueberry Muffin #404387	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Mini Blueberry Waffles #371733	French Toast Sticks w/ Turk. Sausage Link Bkfst in the Classroom Mini Cinnamon French Toast #311682	Egg Patty w/ Cheese & Turk. Canadian Bacon on English Muffin Bkfst in the Classroom Egg & Cheese Sandwich #414031

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber