

MONDAY



TUESDAY



WEDNESDAY

1

Manager's Special
Chicken Salad on Kaiser
Chicken Caesar Salad
Bagel Boat
Roasted Zucchini w/ Red Pepper
Romaine Side Salad
Fresh Fruit, Juice or Fruit Cup

THURSDAY

2

Burrito or Nacho Bowl
Hot Dog on Bun
Brown Rice
Chicken Salad on Kaiser
Chicken Caesar Salad
Bagel Boat
Sweet Potato Fries
Romaine Side Salad
Fresh Fruit & Fruit Cup
Asst. Fruit Juice

FRIDAY

3

4X6 Smart Pizza
South of the Border Fish Tacos
Chicken Salad on Kaiser
Chicken Caesar Salad
Bagel Boat
Mexican Slaw
Romaine Side Salad
Fresh Fruit & Fruit Cup

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

6

Cheese Quesadilla w/ Sour Cream
Cheeseburger
Chicken Caesar Wrap
Chef Salad
Yogurt Boat
Sweet Potato Fries
Spinach Side Salad
Fresh Fruit & Fruit Cup

7

Chinese Chicken
w/ Fortune Cookie
Chicken Caesar Wrap
Chef Salad
Yogurt Boat
Brown Rice
Roasted Broccoli
Spinach Side Salad
Fresh Fruit & Fruit Cup

8

Baked Ziti w/ Breadstick
Jamaican Beef Patty
Chicken Caesar Wrap
Chef Salad
Yogurt Boat
Green Beans
Spinach Side Salad
Fresh Fruit & Fruit Cup

9

BBQ Riblet Sub
Chicken Cheddar Flatbread
Chicken Caesar Wrap
Chef Salad
Yogurt Boat
Baked French Fries
Spinach Side Salad
Fresh Fruit & Fruit Cup
Assorted Juices

10

4X6 Smart Pizza
Monster Meatball Sub
Chicken Caesar Wrap
Chef Salad
Yogurt Boat
Steamed Cauliflower
Spinach Side Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

13

Mozzarella Sticks w/ Marinara Dip
Hot Dog on Bun
Italian Wrap
Greek Salad w/ Pita Chips
Pretzel Boat
Sweet Peas
Romaine Side Salad
Fresh Fruit & Fruit Cup

14

Chicken Tenders w/ Breadstick
Taco Stuffed Baked Potatoes
w/ Tortilla Chips
Italian Wrap
Greek Salad w/ Pita Chips
Pretzel Boat
Baked French Fries
Romaine Side Salad
Fresh Fruit & Fruit Cup
Asst. Fruit Juices

15

Pasta Bar w/ Breadstick
Meatballs w/ Marinara Sauce
or Alfredo Sauce
Italian Wrap
Greek Salad w/ Pita Chips
Pretzel Boat
Broccoli
Romaine Side Salad
Fresh Fruit & Fruit

16

Chicken & Waffles w/ Syrup
Mexican Chicken Tostada w/
Lettuce, Cheese and Sour Cream
Italian Wrap
Greek Salad w/ Pita Chips
Pretzel Boat
Latin Style Beans
Romaine Side Salad
Fresh Fruit & Fruit Cup
Asst. Fruit Juices

17

NO SERVICE

20

NO SERVICE

21

Popcorn Chicken w/ Dinner Roll
Grilled Turkey Ham & Cheese Sand
Turkey & Cheese Sandwich
Antipasto Salad
Yogurt Parfait
Baked French Fries
Romaine Side Salad
Fresh Fruit & Fruit Cup
Asst. Fruit Juices

22

Philly Cheese Steak Hoagie
w/ Peppers & Onions
Cheese Ravioli w/ Breadstick
Turkey & Cheese Sandwich
Antipasto Salad
Yogurt Parfait
Steamed Green Beans
Romaine Side Salad
Fresh Fruit & Fruit

23

Soft Turkey Tacos
w/ Brown Rice &
Shredded Lettuce & Cheese
Chicken Corn Dog
Turkey & Cheese Sandwich
Antipasto Salad
Yogurt Parfait
Latin Black Beans
Romaine Side Salad
Fresh Fruit & Fruit Cup

24

4X6 Smart Pizza
Cheese or Pepperoni
Fish Sticks w/ Dinner Roll
Turkey & Cheese Sandwich
Antipasto Salad
Yogurt Parfait
Golden Corn
Romaine Side Salad
Fresh Fruit & Fruit

27

Bosco Cheese Sticks
w/ Marinara Dipping Sauce
Turkey Bacon Cheeseburger
Turkey Ham & Cheese Sandwich
Bagel Boat
Buffalo Chicken Salad
Sweet Potato Slim Stix Fries
Spinach Side Salad
Asst. Fresh Fruit & Fruit Cup

28

Chicken Basket
w/ Roll or Biscuit
Cheesy Hot Dog
Turkey Ham & Cheese Sandwich
Bagel Boat
Buffalo Chicken Salad
Celery Sticks w/ Dip
Spinach Side Salad
Asst. Fresh Fruit & Fruit Cup
Asst. Fruit Juices



Celebrating Black History Month
Check Your Calendar and Look for
a Special Menu and our Traveling
Chef

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.

littloffsplayground.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 Tripple Berry French Toast	Pancake Sandwich w/ Turkey Canadian Bacon & Egg Patty Bkfst in the Classroom Mini Cinnamon Pancakes
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Mini Strawberry Bagel #441652	Egg & Cheese Omelet w/ Seasoned Diced Potatoes Bkfst in the Classroom Blueberry Muffin #404387	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	Egg Patty w/ Cheese Turkey Sausage Patty on English Muffin Bkfst in the Classroom Egg & Cheese Sandwich #414031
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Plain Bagel w/ Cream Cheese & Jelly	Egg & Cheese Omelet w/ Hashbrown Patties Bkfst in the Classroom Glazed Doughnut #408411	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Apple Frudel #264280	French Toast Sticks w/ Turkey Sausage Link Bkfst in the Classroom Mini Cinn French Toast #311682	NO SERVICE
NO SERVICE	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 Mini Blueberry Waffle #371733	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 Apple Cinnamon Muffin	Winter Recess	Winter Recess	Winter Recess

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

