

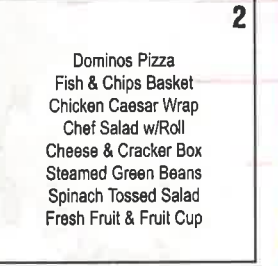
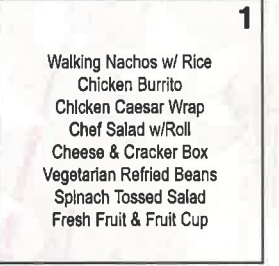
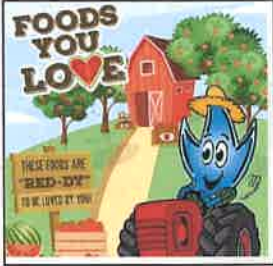
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

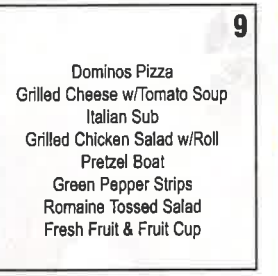
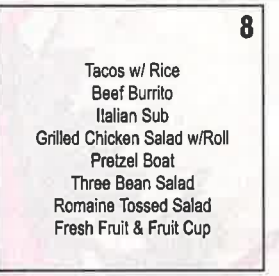
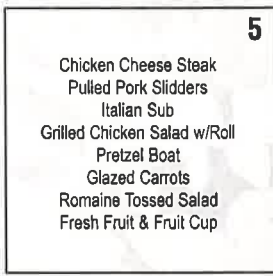
FRIDAY



1
Walking Nachos w/ Rice
Chicken Burrito
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Vegetarian Refried Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

2
Dominos Pizza
Fish & Chips Basket
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Steamed Green Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.



5
Chicken Cheese Steak
Pulled Pork Slidders
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Glazed Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

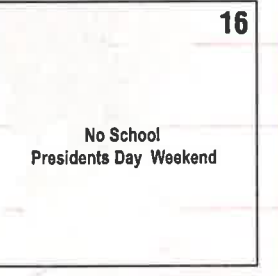
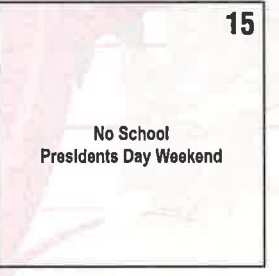
6
Chicken Tenders
Bacon Cheese Stuffed Potato Skins w/Tortilla Chips
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

7
Pasta Bar w/ Dinner Roll
Chicken Patty
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Steamed Broccoli
Fresh Fruit & Fruit Cup

8
Tacos w/ Rice
Beef Burrito
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Three Bean Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

9
Dominos Pizza
Grilled Cheese w/Tomato Soup
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Green Pepper Strips
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.
CHICKEN NUGGETS AND PB&J OFFERED DAILY



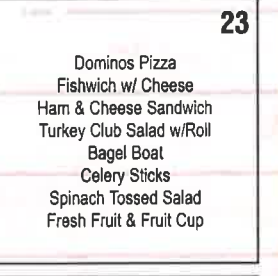
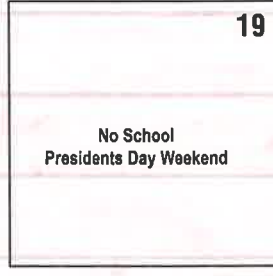
12
Mexican Lasagna
Cheese Burger
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Cinnamon Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

13
Hot Turkey Sub
Hot Dog
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Fries
Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

14
Pasta & Meat Sauce w/ Dinner Roll
Chicken Patty
Turkey & Cheese Sandwich
Garden Salad w/ Cheese & Roll
Yogurt Boat
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15
No School
Presidents Day Weekend

16
No School
Presidents Day Weekend



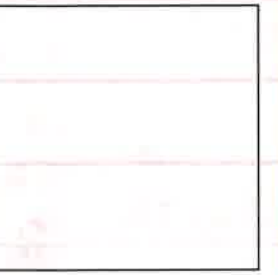
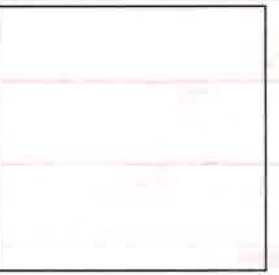
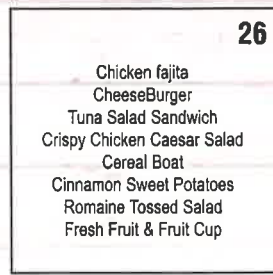
19
No School
Presidents Day Weekend

20
Cheese Burger
Hot Dog w/Cheese
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

21
Macaroni & Cheese w/dinner roll
Chicken Patty
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Sautéed Spinach
Fresh Fruit & Fruit Cup

22
Crazy Nachos w/ Rice
Grilled Ham & Cheese
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Golden Corn
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

23
Dominos Pizza
Fishwich w/ Cheese
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Celery Sticks
Spinach Tossed Salad
Fresh Fruit & Fruit Cup



26
Chicken fajita
CheeseBurger
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Cinnamon Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

27
Grilled Ham & Cheese
Hot Dog w/ Cheese
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

28
Pasta & Meat Sauce w/dinner roll
Chicken Patty
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Broccoli Bites
Fresh Fruit & Fruit Cup

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.

liftoffsplyground.com

BREAKFAST

All Breakfast comes with Milk and Assorted Fruit

Regular Breakfast \$1.55

Reduced Breakfast \$.30

Free is Free

MONDAY: Asst Cereal Bags

TUESDAY: Asst Muffins - Blueberry, Banana, or Choc Chip

WEDNESDAY: Asst Crunch Mania

THURSDAY: Asst Frudels

FRIDAY: Asst Cereal Bar Bags

Fresh Pick Recipe

EGG WHITE OMELETTE WITH SPINACH OR CHARD
(MAKES 1 OMELETTE)

- 2 teaspoons olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.