

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Offered Daily:
Chicken Nuggets and PB&J

1
Walking Nachos w/Rice
Hot Turkey Sandwich
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
BBQ Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

2
GREEN EGGS & HAM
Dominos Pizza
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

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

5
Chicken Quesadilla
Pretzel Burger
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Sweet Potato Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

6
Grilled Ham & Cheese
Hot Dog
Chicken Caesar Wrap
Chef Salad w/Roll
Oven Baked Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

7
Baked Ziti w/dinner roll
Chicken Patty Sandwich
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Sautéed Spinach
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

8
Crazy Nachos w/Rice
Mascot Burger
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Vegetarian Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

9
Dominos Pizza
Meatball Parm Sub
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Steamed Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

12
No Lunch

13
Chicken Tenders w/dinner roll
Cheesy Hot Dog
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Seasoned Wedges
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

14
Pasta Bar w/Breadstick
Chicken Patty Sandwich
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Steamed Broccoli
Fresh Fruit & Fruit Cup

15
Soft Shelled Tacos w/ Rice
Chicken Fajitas w/ Rice
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Three Bean Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

16
Dominos Pizza
Grilled Cheese w/Tomato Soup
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Peas
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

19
Chicken Cheese Steak
Cheese Burger
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Sweet Potato Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

20
Grilled Chicken Parm Sub
Hot Dog
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Oven Baked Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

21
Pasta w/Meat Sauce & Dinner Roll
Chicken Patty Sandwich
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Sautéed Spinach
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

22
Nachos Supreme w/ Rice
Bacon Cheese Stuffed Potato skins
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Vegetarian Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

23
Dominos Pizza
Fish & Chips
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Steamed Peas
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

26
Pepperoni & Cheese Stuffed Sandwich
Bacon Cheeseburger
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

27
Chicken Quesadilla
Hot Dog w/Cheese Sauce
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Tater Tots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

28
Mac & Cheese w/ Dinner Roll
Chicken Nuggets w/ Dinner Roll
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Sautéed Spinach
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

29
Asian Chicken Stir Fry w/Brown Rice
Loaded Tots w/Dinner Roll
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Steamed Vegetables
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

30
No School

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.

liffsofplayground.com

BREAKFAST

All Breakfast comes with Milk and Assorted Fruit
REGULAR BREAKFAST IS \$1.55
REDUCED BREAKFAST \$.30
FREE is FREE

MONDAY: Asst Cereal Bags

TUESDAY: Asst Muffins : Blueberry, Chocolate Chip, Banana

WEDNESDAY: Asst Crunch Mania

THURSDAY: Asst Frudels

FRIDAY: Asst Cereal Bags

Fresh Pick Recipe

MUSHROOMS AND SNAP PEAS
(SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2"
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
138 calories, 4g fat,
161mg sodium, 7g fiber