

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1

2

3

1

Turkey & Cheese Melt  
Seasoned Carrots & Applesauce

2

\*\*Game Day Hotdog  
\*\*French Fries & Mixed Fruit

\*\*Come enjoy some game day food with us on February 2nd to get excited for the Super Bowl!

5

Charbroiled Cheeseburger  
Mixed Vegetables & Pineapple Tidbits

6

Crispy Chicken Sandwich  
Tater Tots & Bananas  
\*Freshly Baked Cookie\*

7

Chicken Nuggets with Roll  
Creamy Mashed Potatoes & Gravy, Apple Slices

8

Home Run Hotdog  
Refried Beans & Applesauce

9

\*\*Cheese Pizza (V)  
Green Peas & Mixed Fruit

\*\*Join us for National Pizza Day on February 9th!

12

Bean & Cheese Burrito (V)  
Seasoned Carrots & Pineapple Tidbits

13

Pancakes with Eggs & Sausage  
Mixed Vegetables & Fresh Bananas

14

Chicken Nuggets with Roll  
Creamy Mashed Potatoes & Gravy, Diced Pears  
Valentine's Dessert!\*

15

Bean & Cheese Nachos (V)  
Steamed Green Beans & Applesauce  
\*Rice Krispies Treat\*

16

Pepperoni Pizza  
Western Baked Beans & Mixed Fruit

19

Professional Day  
No School

20

Italian Dunkers (V)  
Green Beans & Diced Peaches

21

Chicken & Waffles  
Potato Smiles & Apple Slices

22

Steak Fingers with Roll  
Green Peas & Carrots, Applesauce  
\*Freshly Baked Cookie\*

23

Cheese Pizza (V)  
Western Baked Beans & Mixed Fruit

Local ingredients used when seasonally available. Variety of fat free and low fat milk are offered daily.

26

Italian Dunkers (V)  
Western Baked Beans & Pineapple Tidbits

27

Bean & Cheese Nachos (V)  
Green Peas & Diced Peaches

28

Chicken Nuggets with Roll  
Creamy Mashed Potatoes & Gravy, Diced Pears

29

30

Lunch Prices: Paid: \$2.60 Reduced: \$0.40 Adult: \$4.00  
District Adult:\$3.25

This institution is an equal opportunity provider.

## 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.

liftoffsplayground.com

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 Cheesy Omelet Mixed Fruit	February 2 Biscuit with Gravy Diced Pears
February 5 Egg & Cheese Bagel Sandwich Diced Peaches	February 6 French Toast Sticks Orange Smiles	February 7 Breakfast Pizza Bananas	February 8 Cheesy Scrambled Eggs Mixed Fruit	February 9 Biscuit with Gravy Diced Pears
February 12 Sausage Biscuit Diced Pears	February 13 Pancakes Orange Smiles	February 14 Breakfast Pizza Bananas	February 15 Egg & Cheese Biscuit Orange Smiles	February 16 Biscuit with Gravy Diced Pears
February 19 Professional Day No School	February 20 Sausage Biscuit Orange Smiles	February 21 Breakfast Pizza Bananas	February 22 Cheesy Omelet Mixed Fruit	February 23 Biscuit with Gravy Diced Pears
February 26 Egg & Cheese Bagel Sandwich Diced Peaches	February 27 French Toast Sticks Orange Smiles	February 28 Breakfast Pizza Bananas		

### Fresh Pick Recipe

#### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



#### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.