

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

****Come celebrate the Super Bowl with us and enjoy a Glazed Mesquite Drumstick & Western Baked Beans!**

1
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
**Mesquite Glazed Drumstick with Dinner Roll
Cheese Pizza (V)
~~~~~  
Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Bananas

**4**  
Double Berry Parfait with String Cheese (V)  
Crispy Chicken Sandwich  
Savory Spaghetti & Meatballs  
~~~~~  
Seasoned Mixed Vegetables, Garden Salad, Fresh Baby Carrots, Pineapple Tidbits & Orange Smiles

5
Kidzable: Ham & Cheese Cheesy Omelet with Toast (V)
Chili & Cheese Baked Potato
~~~~~  
Tater Tots, Caesar Salad, Fresh Broccoli, Diced Peaches  
\*Freshly Baked Cookie!\*

**6**  
Terrific Turkey & Cheese Sandwich  
Rib-b-que Sandwich  
Crispy Chicken Nuggets with Dinner Roll  
~~~~~  
Whipped Potatoes & Country Gravy, Garden Salad, Baby Carrots, Diced Pears & Apple Slices

7
Kidzable: Protein Power!
Goey Grilled Cheese Sandwich (V)
Frito Chili Pie
~~~~~  
Pinto Beans, Caesar Salad, Broccoli,  
\*\*Fresh Spinach, Applesauce & Orange Smiles

**8**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Oklahoma Twister Dog  
Cheese Pizza (V)  
~~~~~  
Groovy Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Bananas

****Spinach is the Fresh Pick for the month of February. Spinach is a considered a nutrient powerhouse because it is a great source of Vitamin A, Vitamin C, Iron & many other nutrients. These nutrients help keep many parts of the body healthy including the heart! The perfect vegetable to celebrate National Heart Month!**

11
Strawberry Fields Parfait with String Cheese (V)
Bean & Cheese Nachos
Crispy Chicken Sandwich
~~~~~  
Seasoned Carrots, Garden Salad, Celery Sticks, Pineapple Tidbits & Orange Smiles

**12**  
Kidzable: Turkey & Mozzarella Italian Dunkers  
Sloppy Joe  
~~~~~  
Mixed Vegetables, Caesar Salad, Baby Carrots, **Fresh Spinach, Diced Peaches & Bananas

13
Ham & Cheese Sandwich
Corn Dog
Crispy Chicken Nuggets with Dinner Roll
~~~~~  
Whipped Potatoes & Country Gravy, Garden Salad, Fresh Broccoli, Diced Pears & Apple Slices

**14**  
Kidzable: Italian  
Hearty Chili & Homemade Cornbread  
Pancakes, Scrambled Eggs & Sausage  
~~~~~  
Groovy Green Beans, Caesar Salad, Baby Carrots, Applesauce & Orange Smiles
Valentine's Treat!

15
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Creamy Macaroni & Cheese (V)
Pepperoni Pizza
~~~~~  
Western Baked Beans, Garden Salad, Celery Sticks, Mixed Fruit & Bananas

**\*\*Happy Valentine's Day on February 14th! Join us and celebrate with a special Valentine's day treat!\*\***

**18**  
NO SCHOOL

**19**  
Kidzable: Ham & Cheese  
Sweet & Sour Chicken with Brown Rice  
Cheeseburger  
~~~~~  
Green Beans, Caesar Salad, Broccoli,
**Fresh Spinach, Diced Peaches

20
Terrific Turkey & Cheese Sandwich
Savory Beefy Mac with Breadstick
Chicken & Waffles
~~~~~  
Emoji Potatoes, Celery Sticks, Garden Salad, Diced Pears & Sliced Apples

**21**  
Kidzable: Protein Power!  
Goey Grilled Cheese Sandwich  
Steak Fingers with Dinner Roll  
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Orange Smiles
Freshly Baked Cookie!

22
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Crispy Chicken Sandwich
Cheese Pizza (V)
~~~~~  
Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Bananas

(V) Denotes a vegetarian friendly item. Variety of fat free and low fat milk are offered daily.

**25**  
Strawberry Banana Parfait (V)  
Rib-b-que Sandwich  
Italian Dunkers (V)  
~~~~~  
Corn, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

26
Kidzable: Turkey & Mozzarella
Cheesy Chicken Spaghetti
French Toast Sticks, Scrambled Eggs & Sausage
~~~~~  
Green Peas, Celery Sticks, Caesar Salad, Diced Peaches  
\*Rice Krispies Treat!\*

**27**  
Ham & Cheese Sandwich on Whole Wheat Bread  
Chicken Fried Steak Sandwich  
Crispy Chicken Nuggets with Dinner Roll  
~~~~~  
Whipped Potatoes & Country Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

28
Kidzable: Italian
Frito Chili Pie (V)
Corn dog
~~~~~  
Groovy Green Beans, Broccoli, Caesar Salad, \*\*Fresh Spinach, Applesauce & Orange Smiles



Lunch Prices Paid: \$2.70 Reduced: \$0.40 District Adult: \$3.35 Adult: \$4.00

This institution is an equal opportunity provider and employer.



## 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.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

| MONDAY                                                                                | TUESDAY                                                                                        | WEDNESDAY                                                                          | THURSDAY                                                                                  | FRIDAY                                                                                    |
|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|                                                                                       |                                                                                                |                                                                                    |                                                                                           | February 1<br>Breakfast Taco<br>Yogurt & Goldfish<br>Graham Cracker<br>Diced Peaches      |
| February 4<br>Honey Glazed Chicken<br>Biscuit<br>Chocolate Crescent<br>Diced Peaches  | February 5<br>French Toast Sticks<br>Yogurt with Giant<br>Graham Cracker<br>Orange Smiles      | February 6<br>Sausage Breakfast<br>Pizza<br>Blueberry Muffin<br>Mixed Fruit        | February 7<br>Breakfast Taco<br>Cinnamon Roll<br>Mixed Fruit                              | February 8<br>Biscuit & Gravy<br>Strawberry Nutrigrain<br>Bar<br>Diced Peaches            |
| February 11<br>Sausage Biscuit<br>Glazed Donut<br>Diced Peaches                       | February 12<br>Pancake on a Stick<br>Double Chocolate Chip<br>Muffin<br>Orange Smiles          | February 13<br>Sausage Breakfast<br>Pizza<br>Nutrigrain Breakfast<br>Bar<br>Pears  | February 14<br>Cheddar Cheese<br>Omelet<br>Cinnamon Roll<br>Mixed Fruit                   | February 15<br>Breakfast Taco<br>Yogurt with Giant Gold-<br>fish Cracker<br>Diced Peaches |
| February 18<br>NO<br>SCHOOL                                                           | February 19<br>Buttermilk Pancakes<br>Hard Boiled Egg<br>Orange Smiles                         | February 20<br>Breakfast Pizza<br>Yogurt with Giant<br>Goldfish Cracker<br>Peaches | February 21<br>Egg Muffin Breakfast<br>Sandwich<br>Cinnamon Sugar<br>Donut<br>Mixed Fruit | February 22<br>Biscuit & Gravy<br>Nutrigrain Breakfast<br>Bar<br>Diced Peaches            |
| February 25<br>Honey Glazed Chicken<br>Biscuit<br>Chocolate Crescent<br>Diced Peaches | February 26<br>French Toast Sticks<br>Yogurt with Giant Gold-<br>fish Cracker<br>Orange Smiles | February 27<br>Sausage Breakfast<br>Pizza<br>Blueberry Muffin<br>Mixed Fruit       | February 28<br>Breakfast Taco<br>Cinnamon Roll<br>Mixed Fruit                             |                                                                                           |

### 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.



### 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.

Nutrition Information is available upon request.

