

Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% within a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of cereal offered daily			February 1 H&C English Muffin Cinnamon Roll Craisins ----- Fruit Juice & Milk	February 2 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk
February 5 French Toast Bites Applesauce ----- Fruit Juice & Milk	February 6 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk	February 7 Breakfast Pizza Orange Smiles ----- Fruit Juice & Milk	February 8 Yogurt Waffle Flatbread Stacker Bananas ----- Fruit Juice & Milk	February 9 Pancakes Apple Slices ----- Fruit Juice & Milk
February 12 Pancake Sausage Bites Applesauce ----- Fruit Juice & Milk	February 13 Biscuits & Gravy Cinnamon Roll Bananas ----- Fruit Juice & Milk	February 14 Egg & Cheese Breakfast Burritos Breakfast Pizza Orange Smiles ----- Fruit Juice & Milk	February 15 Ham & Cheese English Muffin Blueberry Muffin Craisins ----- Fruit Juice & Milk	February 16 French Toast Sticks Apple Slices ----- Fruit Juice & Milk
February 19 NO SCHOOL	February 20 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk	February 21 Pancakes Orange Smiles ----- Fruit Juice & Milk	February 22 Scrambled Eggs & Toast Donut Bananas ----- Fruit Juice & Milk	February 23 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk
February 26 French Toast Sticks Applesauce ----- Fruit Juice & Milk	February 27 Breakfast Pizza Biscuits & Gravy Bananas ----- Fruit Juice & Milk	February 28 Egg & Cheese Breakfast Burrito Orange Smiles ----- Fruit Juice & Milk	February 29 Sausage Biscuit Donut Bananas ----- Fruit Juice & Milk	

Fresh Pick Recipe

COLCANNON (SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper

1. Wash green onions and slice very thin on bias.
2. Wash parsley and chop.
3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
7. Blend cabbage and potatoes. Garnish with chopped parsley.

NUTRITION FACTS:
52 calories, .73g fat,
56mg sodium, 1.25g fiber

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

1

Chicken Nuggets
Cheesy Chicken Spaghetti
Chicken Caesar Wrap

Peas & Carrots
Mashed Potatoes & Gravy

2

Sloppy Joes
Hamburger
Just Peachy Parfait (V)

Mixed Vegetables
Tater Tots

5

Chicken Drumstick
Chicken & Waffle
Ham & Cheese Sandwich

Sweet Potato Deep Groove Crinkles
Baked Cinnamon Apples

6

Italian Dunkers (V)
Lasagna
Buffalo Chicken Wrap

Roasted Squash & Zucchini
Parmesan Green Beans
Chocolate Chip Cookie

7

Bean & Cheese Nachos (V)
Mexi-Chicken Nachos
Crispy Chicken Wrap

Corn Elotes
Charro Beans

8

Twisted Dog
Orange Chicken
Sunbutter & Jelly Sandwich (V)

Roasted Broccoli
Tater Tot

9

Cheese Pizza (V)
Ham & Cheese Melt
Chicken Caesar Wrap

Crinkle Cut Fries
California Blend Vegetables

12

Cheese Pizza
Baked Penne (V)
American Sandwich

Roasted Green Beans
Sweet Potato Deep Groove Crinkles

13

BBQ Riblet Sandwich
Hamburger
Chicken Caesar Wrap

Roasted Broccoli
Crinkle Cut Fries
Chocolate Chip Cookie

14

Chicken Parmesan Sandwich
Chicken Nuggets
Strawberry Banana Parfait (V)

Smile Fries
Roasted Squash & Zucchini

15

Beef Totchos
Cheese Quesadilla (V)
Crispy Chicken Wrap

Mexican Roasted Corn
Onion & Pepper Tater Tot Hash

16

Broccoli & Cheese Baked Potato (V)
BBQ Glazed Drum Stick
Sunbutter & Jelly Sandwich (V)

Baked Beans
Apple Glazed Baby Carrots

19

NO SCHOOL

20

Crispy Chicken Sandwich
Popcorn Chicken Bowl
Hearty Garden Salad (V)

Corn
Mashed Potatoes
Chocolate Chip Cookie

21

Italian Cheese Dippers (V)
Meatball Sub
Pizza Bento Box

Parmesan Green Beans
Roasted Squash & Zucchini

22

Corn Dog
Beef & Cheese Nachos
Turkey & Cheese Sandwich

Mexican Black beans
Sweet Potato Deep Groove crinkles

23

Chicken Enchilada Suiza
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)

Roasted Broccoli & Carrots
Refried Beans

26

Chicken Alfredo Mac
Italian Cheese Dippers (V)
Pizza Bento Box (V)

Roasted Green Beans
Roasted Broccoli

27

Cheese Pizza (V)
Chicken Quesadilla
American Sandwich

Peas and Carrots
Pinto Beans
Chocolate Chip Cookie

28

Grilled Cheese Sandwich (V)
Spaghetti & Meatballs
Turkey & Cheese Sandwich

Roasted Squash and Zucchini
Sweet Potato Fries

29

Chili Cheese Dog
Frito Chili Pie
Sunbutter & Jelly Sandwich (V)

Carolina Slaw
Aztec Corn

Blank menu box for Friday 29th.