

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Sunbutter & Jelly Sandwich (V)
Cat in the Hat Cheeseburger
Oh, The Places You'll Go! Pepperoni
Pizza
~~~~~  
Seasoned Mixed Vegetables, Celery  
Sticks, Garden Salad, Mixed Fruit &  
Bananas  
\*\*Dr. Seuss Dessert!\*\*

\*\*Join us on March 1st to celebrate Dr. Seuss Day! Get in the spirit of Dr. Seuss's birthday with Green Eggs & Ham for breakfast and a special Dr. Seuss dessert at lunch!

4

Blueberry Patch Parfait with String  
Cheese(V)  
French Toast Sticks, Scrambled Eggs  
& Sausage  
Zesty Orange Chicken with Brown  
Rice  
~~~~~  
Steamed Green Beans, Baby Carrots,
Garden Salad, Pineapple Tidbits &
Orange Smiles

5

Kidzable: Ham & Cheese
Beefy Nachos
Chili & Cheese Baked Potato
~~~~~  
Mixed Vegetables, Celery Sticks,  
Caesar Salad, Diced Peaches  
\*Freshly Baked Cookie\*

6

Terrific Turkey & Cheese Sandwich on  
Whole Wheat Bread  
Creamy Macaroni & Cheese (V)  
Chicken & Waffles  
~~~~~  
Emoji Potatoes, Fresh Broccoli,
Garden Salad, Diced Pears & Sliced
Apples

7

Kidzable: Turkey & Mozzarella
Home Run Hot Dog
Chicken Enchilada Suiza
~~~~~  
Seasoned Carrots, Celery Sticks,  
Caesar Salad, Applesauce

8

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

Variety of fat free and low fat milk are offered daily.

11

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

12

Kidzable: Ham & Cheese  
Cheesy Omelet with Toast (V)  
Frito Chili Pie  
~~~~~  
Tater Tots, Caesar Side Salad,
Broccoli, Diced Peaches
Freshly Baked Cookie!

13

Terrific Turkey & Cheese Sandwich
Rib-b-que Sandwich
Chicken Nuggets with Dinner Roll
~~~~~  
Whipped Potatoes & Country Gravy,  
Garden Side Salad, Baby Carrots,  
Diced Pears & Sliced Apples

14

Kidzable: Protein Power!  
Goopy Grilled Cheese Sandwich (V)  
Giant Beef Taco  
~~~~~  
Pinto Beans, Caesar Side Salad,
Broccoli, Applesauce

15

Sunbutter & Jelly Sandwich (V)
Oklahoma Twister Dog
Cheese Pizza (V)
~~~~~  
Groovy Green Peas, Celery Sticks,  
Garden Side Salad, Mixed Fruit &  
bananas  
\*St. Patty's Day Cookie!\*

\*\*Don't forget to wear green on March 17th for St. Patrick's Day! Enjoy a special St. Patty's day dessert at lunch on Friday, March 15th!

18

SPRING BREAK

19

SPRING BREAK

20

SPRING BREAK

21

SPRING BREAK

22

SPRING BREAK

\*\*Broccoli is the fresh pick for March! Broccoli is a great source of vitamins C, A, K and B-6 and many other nutrients. Try this healthy superfood this month with your lunch!

25

Just Peachy Parfait and String  
Cheese(V)  
Grilled Chicken Stacker  
Walking Nachos  
~~~~~  
Roasted Corn, Garden Salad, Baby
Carrots, Pineapple Tidbits & Orange
Smiles

26

Kidzable: Ham & Cheese
Bean & Cheese Burrito (V)
Chicken Alfredo with a Breadstick
~~~~~  
Groovy Green Beans, Caesar Salad,  
Fresh Broccoli, Diced Peaches

27

Terrific Turkey & Cheese Sandwich  
on Whole Wheat Bread  
Beefy Mac  
Chicken & Waffles  
~~~~~  
Emoji Potatoes, Celery Sticks,
Garden Salad, Diced Pears & Sliced
Apples

28

Kidzable: Protein Power!
Goopy Grilled Cheese Sandwich (V)
Steak Fingers with Dinner Roll
~~~~~  
Whipped Potatoes & Gravy, Fresh  
Broccoli, Caesar Salad, Applesauce  
\*Freshly Baked Cookie\*

29

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.

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

This institution is an equal opportunity provider.

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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				March 1 **Green Eggs & Ham Strawberry Nutrigrain Bar Bananas
March 4 sausage Biscuit Glazed Donut Diced Peaches	March 5 Pancake On a Stick Double Chocolate Chip Muffin Orange Smiles	March 6 Breakfast Pizza Apple Nutrigrain Bar Diced Pears	March 7 Cheddar Cheese Omelet Whole Grain Cinnamon Roll Mixed Fruit	March 8 Breakfast Taco Yogurt & Goldfish Graham Cracker Bananas
March 11 Honey Glazed Chicken Biscuit Banana Muffin Diced Peaches	March 12 Hard Boil Egg Buttermilk Pancakes Orange Smiles	March 13 Breakfast Pizza Yogurt & Goldfish Graham Cracker Diced Pears	March 14 Egg Muffin Sandwich Cinnamon Sugar Donut Mixed Fruit	March 15 Biscuits & Gravy Nutrigrain Bar Bananas
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
March 25 Honey Glazed Chicken Biscuit Chocolate Crescent Diced Peaches	March 26 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	March 27 Breakfast Pizza Whole Grain Blueberry Muffin Diced Pears	March 28 Breakfast Taco Whole Grain Cinnamon Roll Mixed Fruit	March 29 Biscuit & Gravy Strawberry Nutrigrain Bar Bananas

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



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.

