

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

1
All American Sandwich on Whole Wheat Bread
Turkey & Cheese Melt
Pork Carnitas Taco
~~~~~  
Seasoned Carrots, Celery Sticks, Caesar Salad, Applesauce & Fresh Bananas

**2**  
Blueberry Patch Parfait (V)  
\*\*Game Day Hotdog  
Cheese Pizza (V)  
~~~~~  
**French Fries, Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

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

5
Classic Ham & Cheese Sandwich on Whole Wheat Bread
Charbroiled Cheeseburger
Savory Spaghetti & Meat Sauce
~~~~~  
Mixed Vegetables, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

**6**  
Sunbutter & Jelly on Whole Wheat Bread (V)  
Crispy Chicken Sandwich  
Cheesy Omelet with Toast (V)  
~~~~~  
Tater Tots, Fresh Broccoli, Caesar Salad, Diced Peaches & Bananas
Freshly Baked Cookie

7
Kidzable: Ham & Cheese Chicken Nuggets with Roll
~~~~~  
Creamy Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

**8**  
All American Sandwich on Whole Wheat Bread  
Home Run Hotdog  
Beef Soft Taco with Spanish Rice  
~~~~~  
Refried Beans, Fresh Broccoli, Caesar Salad, Applesauce
Fresh Strawberries

9
Double Berry Parfait (V)
Beefy Mac with Breadstick
**Cheese Pizza (V)
~~~~~  
Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

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

**12**  
Classic Ham & Cheese Sandwich on Whole Wheat Bread  
Mighty Meatball Sub  
Bean & Cheese Burrito (V)  
~~~~~  
Seasoned Carrots, Celery Sticks, Garden Salad, Pineapple Tidbits & Orange Smiles

13
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Pancakes with Eggs & Sausage
~~~~~  
Mixed Vegetables, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Bananas

**14**  
Kidzable: Build Your Own Pizza  
Chicken Nuggets with Roll  
~~~~~  
Creamy Mashed Potatoes & Gravy, Broccoli, Garden Salad, Diced Pears
Fresh Strawberries & Special Valentine's Dessert!

15
All American Sandwich on Whole Wheat Bread
Sloppy Joe
Bean & Cheese Nachos (V)
~~~~~  
Steamed Green Beans, Baby Carrots, Caesar Salad, Applesauce & Bananas  
\*Rice Krispies Treat\*

**16**  
Strawberry Fields Parfait (V)  
Alaskan Pollock Nuggets with Dinner Roll  
Pepperoni Pizza  
~~~~~  
Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

**February is National Heart Month which we are observing with heart-healthy fresh strawberries throughout the month!

19
Professional Day
~~~~~  
No School

**20**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Italian Dunkers (V)  
Chicken Fajita Tacos  
~~~~~  
Green Beans, Fresh Broccoli, Caesar Salad, Diced Peaches
Fresh Strawberries

21
Kidzable: Turkey & Mozzarella Grilled Ham & Cheese Sandwich
Chicken & Waffles
~~~~~  
Potato Smiles, Celery Sticks, Garden Salad, Diced Pears & Apple Slices

**22**  
All American Sandwich on Whole Wheat Bread  
Chicken Alfredo with Breadstick  
Steak Fingers with Roll  
~~~~~  
Mashed Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Bananas
Freshly Baked Cookie

23
Just Peachy Parfait (V)
Alaskan Pollock Nuggets with Dinner Rolls
Cheese Pizza (V)
~~~~~  
Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

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

**26**  
Classic Ham & Cheese Sandwich  
Crispy Chicken Sandwich  
Italian Dunkers (V)  
~~~~~  
Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

27
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Cheesy Chicken Spaghetti
Bean & Cheese Nachos (V)
~~~~~  
Green Peas, Celery Sticks, Caesar Salad, Diced Peaches  
\*Fresh Strawberries\*

**28**  
Kidzable: Ham & Cheese Cowboy Steak Sandwich  
Chicken Nuggets with Roll  
~~~~~  
Creamy Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

Blank menu box for Thursday.

Blank menu box for Friday.

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

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 Pop Tart Mixed Fruit	February 2 Biscuit with Gravy Yogurt & Goldfish Graham Cracker Diced Pears
February 5 Egg & Cheese Bagel Sandwich Yogurt & Goldfish Graham Cracker Diced Peaches	February 6 French Toast Sticks Cereal Bar Orange Smiles	February 7 Breakfast Pizza Bagel & Cream Cheese Bananas	February 8 Cheesy Scrambled Eggs Pop Tart Mixed Fruit	February 9 Biscuit with Gravy Yogurt & Goldfish Graham Cracker Diced Pears
February 12 Sausage Biscuit Yogurt & Goldfish Graham Cracker Diced Pears	February 13 Oatmeal Cereal Bar Orange Smiles	February 14 Breakfast Pizza Bagel & Cream Cheese Bananas	February 15 Egg & Cheese Biscuit Pop Tart Orange Smiles	February 16 Biscuit with Gravy Yogurt & Goldfish Graham Cracker Diced Pears
February 19 Professional Day No School	February 20 Sausage Biscuit Cereal Bar Orange Smiles	February 21 Breakfast Pizza Bagel & Cream Cheese Bananas	February 22 Cheesy Omelet Pop Tart Mixed Fruit	February 23 Biscuit with Gravy Yogurt & Goldfish Graham Cracker Diced Pears
February 26 Egg & Cheese Bagel Sandwich Yogurt & Goldfish Graham Cracker Diced Peaches	February 27 French Toast Sticks Cereal Bar Orange Smiles	February 28 Breakfast Pizza Bagel & Cream Cheese 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.