

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Turkey & Cheese Sandwich on Whole Wheat Bread
Mexi-Chicken Nachos
Cheeseburger
~~~~~  
Frijoles Charros Beans, Garden Salad, Celery Sticks, Pineapple Tidbits & Orange Smiles

**3**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Creamy Mac and Cheese (V)  
Hearty Chili & Cinnamon Roll (V)  
~~~~~  
Roasted Broccoli, Baby Carrots, Caesar Salad, Diced Peaches
Mini Cocoa Rice Krispies Treat

4
All American Sandwich on Whole Wheat Bread
Italian Dunkers
Chicken Nuggets & Dinner Roll
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli,  
Garden Salad, Diced Pears & Apples

**5**  
Strawberry Fields Parfait & String Cheese (V)  
Chicken Enchilada Suiza  
Home Run Hot Dog  
~~~~~  
Golden Corn, Baby Carrots, Caesar Salad, Applesauce

6
Kidzable: Italian Scratch Beef Lasagna
Pepperoni Pizza
~~~~~  
Green Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item

**9**  
Turkey & Cheese Sandwich on Whole Wheat Bread  
Goey Grilled Cheese Sandwich (V)  
Walking Nachos  
~~~~~  
Refried Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

10
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Cheeseburger
Cheesy Chicken Spaghetti
~~~~~  
Mixed Vegetables, Fresh Broccoli, Caesar Salad, Diced Peaches

**11**  
All American Sandwich on Whole Wheat Bread,  
Chicken & Waffles,  
Bean & Cheese Burrito  
~~~~~  
Emoji Potatoes, Celery Sticks, Garden Salad, Diced Pears & Apples

12
Peachy Parfait & String Cheese(V)
Steak Fingers & Dinner Roll
Oklahoma Twister Dog
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce  
\*Freshly Baked Cookie!\*

**13**  
Kidzable: Ham & Cheese Rib-b-que Sandwich  
Homestyle Cheese Pizza (V)  
~~~~~  
Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

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

16
NO SCHOOL
ENJOY SPRING BREAK!

17
NO SCHOOL
ENJOY SPRING BREAK!

18
NO SCHOOL
ENJOY SPRING BREAK!

19
NO SCHOOL
ENJOY SPRING BREAK!

20
NO SCHOOL
ENJOY SPRING BREAK!

Local ingredients used when seasonally available.

23
Turkey & Cheese Sandwich on Whole Wheat Bread
Italian Dunkers
Asian Meatballs & Lo Mein
~~~~~  
Roasted Broccoli, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

**24**  
Classic Chef Salad  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Chicken Enchilada Suiza  
Beefy Nachos  
~~~~~  
Refried Beans, Celery Sticks, Caesar Salad, Diced Peaches
Freshly Baked Cookie

25
All American Sandwich on Whole Wheat Bread
Goey Grilled Cheese Sandwich (V)
Chicken & Waffles
~~~~~  
Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Apples

**26**  
Blueberry Patch Parfait & String Cheese (V)  
BBQ Drumstick with Dinner Roll  
Crispy Chicken Sandwich  
~~~~~  
Western Baked Beans, Caesar Salad, Fresh Broccoli, Applesauce

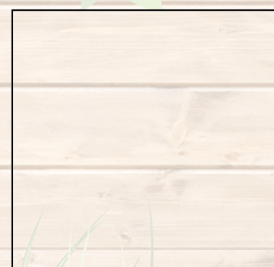
27
Kidzable: Turkey & Cheese Charbroiled Hamburger
Homestyle Cheese Pizza (V)
~~~~~  
Seasoned Carrots, Garden Salad, Fresh Broccoli, Mixed Fruit & Orange Smiles

The Fresh Pick for March is Broccoli! Broccoli is a good source of vitamin C, A, K and B-6 and contains phytochemicals that fight to protect your health!

**30**  
Ham & Cheese Sandwich on Whole Wheat Bread  
Crispy Chicken Sandwich  
Savory Spaghetti & Meatballs  
~~~~~  
Golden Corn, Baby Carrots, Garden Salad, Mixed Fruit & Orange Smiles

31
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
**Tater Tot Casserole
Corn Dog
~~~~~  
Mixed Vegetables, Fresh Broccoli, Caesar Salad, Diced Peaches  
\*Freshly Baked Cookie\*

\*\* Join us For National Tater Day on March 31st!



Lunch Prices Full: \$2.80 Reduced: \$.40 Faculty: \$3.45 Guest: \$4

## National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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                                                                                                |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| March 2<br>**Green Eggs & Ham<br>Double Chocolate Muffin<br>Diced Peaches<br>Orange Juice    | March 3<br>Sausage Biscuit<br>Glazed Donut<br>Orange Smiles<br>Apple Juice                | March 4<br>Breakfast Pizza<br>Apple Cinnamon<br>Nutrigrain Bar<br>Fresh Bananas<br>Orange Juice  | March 5<br>Cheesy Omelet<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice                                       | March 6<br>Biscuit & Gravy<br>Yogurt with Graham Crackers<br>Diced Pears<br>Orange Juice              |
| March 9<br>Pancakes<br>Hard Boiled Egg<br>Diced Peaches<br>Orange Juice                      | March 10<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Orange Smiles<br>Apple Juice | March 11<br>Breakfast Pizza<br>Yogurt with Graham Crackers<br>Mixed Fruit<br>Orange Juice        | March 12<br>Filled Cinnamon Toast Crunch Bar<br>Egg & Cheese Breakfast Sandwich<br>Mixed Fruit<br>Apple Juice | March 13<br>BYO Oatmeal Bar<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice               |
| March 16<br>NO SCHOOL<br>ENJOY SPRING BREAK!                                                 | March 17<br>NO SCHOOL<br>ENJOY SPRING BREAK!                                              | March 18<br>NO SCHOOL<br>ENJOY SPRING BREAK!                                                     | March 19<br>NO SCHOOL<br>ENJOY SPRING BREAK!                                                                  | March 20<br>NO SCHOOL<br>ENJOY SPRING BREAK!                                                          |
| March 23<br>Pancake Sausage Wrap<br>Double Chocolate Muffin<br>Diced Peaches<br>Orange Juice | March 24<br>Sausage Biscuit<br>Glazed Donut<br>Orange Smiles<br>Apple Juice               | March 25<br>Breakfast Pizza<br>Apple Cinnamon<br>Nutrigrain Bar<br>Fresh Bananas<br>Orange Juice | March 26<br>Cheesy Omelet<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice                                      | March 27<br>**Birthday Confetti Pancakes!<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice |
| March 30<br>Pancakes<br>Hard Boiled Egg<br>Diced Peaches<br>Orange Juice                     | March 31<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Orange Smiles<br>Apple Juice |                                                                                                  |                                                                                                               |                                                                                                       |

### 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.

