

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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<b>1</b>
Grilled Cheese Sandwich (V) Spaghetti & Meatballs Turkey & Cheese Sandwich
~~~~~
Roasted Broccoli Variety of fruits and vegetables

<b>2</b>
Pepperoni Pizza Frito Chili Pie Sunbutter & Jelly Sandwich (V)
~~~~~
Charro Beans Variety of fruits and vegetables

<b>3</b>
Chicken Nuggets Bean Burrito Ham & Cheese Sandwich
~~~~~
Steamed Corn & Mashed Potatoes & Gravy Variety of fruits and vegetables

Fresh Pick of the Month: Peas!

<b>6</b>
Walking Nachos Mexi-Chicken Flatbread Sunbutter & Jelly Sandwich (V)
~~~~~
Refried Beans Variety of fruits and vegetables

<b>7</b>
Cheesy Chicken Spaghetti Cheese Ravioli (V) Crispy Chicken Wrap
~~~~~
Roasted Broccoli Variety of fruits and vegetables

<b>8</b>
Brunch 4 Lunch Pepperoni Pizza All-American Sandwich
~~~~~
Baked Cinnamon Apples Variety of fruits and vegetables

<b>9</b>
Corn Dog Crispy Chicken Nuggets Chicken Caesar Wrap
~~~~~
Roasted Carrots Variety of fruits and vegetables

<b>10</b>
Cheese Pizza (V) Classic Hamburger Pinwheel Party Box
~~~~~
Mixed Vegetables Variety of fruits and vegetables

Season fruit & vegetables offered daily on garden bar

<b>13</b>
No School

<b>14</b>
Spring Break!

<b>15</b>
No School

<b>16</b>
Spring Break!

<b>17</b>
No School

(V) denotes vegetarian friendly item

<b>20</b>
Crispy Chicken Sandwich Baked Penne Pasta All-American Sandwich
~~~~~
Green Beans Variety of fruits and vegetables

<b>21</b>
Cheese Pizza (V) Classic Hamburger Pinwheel Party Box
~~~~~
Roasted Broccoli Variety of fruits and vegetables

<b>22</b>
Rib-BQ Sandwich Chicken Nuggets Fruit & Yogurt Parfait (V)
~~~~~
Smiley Potatoes Variety of fruits and vegetables

<b>23</b>
Beefy Totchos Cheese Quesadilla (V) Crispy Chicken Wrap
~~~~~
Mexican Corn Variety of fruits and vegetables

<b>24</b>
Pepperoni Pizza BBQ Glazed Drumstick Sunbutter & Jelly Sandwich (V)
~~~~~
Baked Beans Variety of fruits and vegetables

Fat-free & low-fat milk offered daily

<b>27</b>
Cheeseburger Mac & Cheese (V) Ham & Cheese Sandwich
~~~~~
Roasted Squash & Zucchini Variety of fruits and vegetables

<b>28</b>
Cheese Pizza (V) Popcorn Chicken Bowl Crispy Chicken Wrap
~~~~~
Baked Beans Variety of fruits and vegetables

<b>29</b>
Italian Cheese Dippers w/ Marinara Sauce (V) Beef & Cheese Nachos Pizza Bento Box
~~~~~
California Blend Vegetables Variety of fruits and vegetables

<b>30</b>
Corn dog Chicken Enchilada Suiza Turkey & Cheese Sandwich
~~~~~
Roasted Mixed Vegetables Variety of fruits and vegetables

<b>31</b>
Meatball Sub Pepperoni Pizza Sunbutter & Jelly Sandwich (V)
~~~~~
Roasted Carrots Variety of fruits and vegetables

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

## 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.



Find out more about ensuring healthy meal choices for your students with the NSBW 2024-25 Nutrition Guide and menu ideas.

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of Milk offered daily!		<b>March 1</b> Breakfast Pizza Assorted Cereal Buttered Toast Bananas	<b>March 2</b> Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	<b>March 3</b> Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples
<b>March 6</b> Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	<b>March 7</b> Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	<b>March 8</b> Breakfast Pizza Assorted Cereal Buttered Toast Bananas	<b>March 9</b> Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	<b>March 10</b> Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
<b>March 13</b> No School	<b>March 14</b> Spring Break!	<b>March 15</b> No School	<b>March 16</b> Spring Break!	<b>March 17</b> No School
<b>March 20</b> Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	<b>March 21</b> Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	<b>March 22</b> Breakfast Pizza Assorted Cereal Buttered Toast Bananas	<b>March 23</b> Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	<b>March 24</b> Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
<b>March 27</b> Mini Waffles Assorted Cereal Buttered Toast Applesauce	<b>March 28</b> Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	<b>March 29</b> Breakfast Pizza Assorted Cereal Buttered Toast Bananas	<b>March 30</b> Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	<b>March 31</b> Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples

### Fresh Pick Recipe

#### PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.