

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)
Menu Subject to Change

Thrive Garden Bar
Side Salad Offered Daily

Monday: Carrot Sticks
Tuesday: mixed green salad
Wednesday: leafy green Salad
Thursday: Bean Salad
Friday: Celery Sticks

1. Spicy Chicken Sandwich
 2. Cheese or Pepperoni Pizza
 3. Turkey & Cheese Sandwich
- Green Beans

1

4

1. Macaroni & Cheese
w/ breadstick
 2. Cheese/Sausage Pizza
 3. Ham & Cheese Sandwich
- Cinnamon Sweet Potatoes

5

1. Beef Tacos
 2. Cheese Pizza
 3. Ham & Cheese Sandwich
- Baked French Fries & Corn

6

- Breakfast for Lunch:**
Whole Grain Waffles
w/ turkey sausage & syrup
2. Cheese Pizza
 3. Ham & Cheese Sandwich
- Broccoli & Cauliflower

7

1. Spicy Popcorn Chicken Bowl
w/ mashed potato & corn
 2. Cheese/Pepperoni Pizza
 3. Ham & Cheese Sandwich
- Vegetarian Baked Beans

8

1. Grill Cheese Sandwich
 2. French Bread Pizza
w/ pepperoni
 3. Ham & Cheese Sandwich
- Mixed Vegetables

11

1. Bacon Cheeseburger
 2. Cheese Pizza
 3. Crispy Chicken Wrap
- Sweet Potato Fries

12

- 1. Taco Tuesday:**
Beef Tacos
w/ Spanish rice
2. Cheese Pizza
 3. Crispy Chicken Wrap
- Potato Wedges

13

1. Meatball Parmesan Sub
 2. Sausage/Cheese Pizza
 3. Crispy Chicken Wrap
- Steamed Broccoli

14

- 1. Breakfast for Lunch:**
1. Waffles, sausage, hash brown
2. Cheese Pizza
 3. Crispy Chicken Wrap
- Black Bean & Corn Salsa

15

1. Chicken Alfredo Pasta
 2. French Bread Pizza
 3. Crispy Chicken Wrap
- Steamed Green Beans

18

1. Mozzarella Sticks
 2. Cheese Pizza
 3. Asian Chicken Salad
w/ Chow Mein Noodles
- Sweet Potato Wedges

19

1. Hometown Corn Dog Bites
 2. Cheese Pizza
 3. Asian Chicken Salad
w/ Chow Mein Noodles
- Tater Tots

20

1. Turkey Nachos
w/ salsa & sour cream
 2. Cheese Pizza
 3. Asian Chicken Salad
w/ Chow Mein Noodles
- Roasted Broccoli

21

1. Crispy Breaded Drumstick
w/ cheesy grits
 2. Cheese/Pepperoni Pizza
 3. Asian Chicken Salad
w/ Chow Mein Noodles
- Asian Style Chickpeas

22

2. Texas Toast Grilled Cheese
w/ tomato soup
 2. Cheese Pizza
 3. Asian Chicken Salad
w/ Chow Mein Noodles
- Mixed Vegetables

25

1. Cheesy Baked Ziti
 2. Cheese Pizza
 3. Italian Sub
- Sweet Potato Fries

26

1. Beef Nachos
 2. Cheese Pizza
 3. Italian Sub
- Curly Fries

27

1. Philly Cheesesteak
 2. Cheese Pizza
 3. Italian Sub
- Roasted Broccoli & Carrots

28

1. Grill Cheese Sandwich
 2. Cheese/Pepperoni Pizza
 3. Italian Sub
- Green Beans

29

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

Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

Ruth Fertel was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Chris' Steak House. Today, there are more than 80 Ruth Chris Steak House locations in the U.S. and overseas.

Julia Child was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD
(SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber