

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: Cucumber slices
Wednesday: Leafy Green Salad
Thursday: Bean Salad
Friday: Celery Sticks

1. **Big Daddy's Pizza Slice:**
Cheese or Pepperoni

2. **Chicken Bacon Ranch Sandwich**

3. **Turkey & Cheese Sandwich**

Green Beans

1

1. **Chicken Tenders** 4
w/ dinner roll

2. **Macaroni & Cheese**
w/ breadstick

3. **Ham & Cheese Sandwich**

Cinnamon Sweet Potatoes

1. **Beef Burrito** 5

2. **Chicken Patty Sandwich**

3. **Ham & Cheese Sandwich**

Baked French Fries

Breakfast for Lunch: 6
Whole Grain Pancakes
w/ turkey sausage & syrup

2. **Turkey Bowl**
w/ stuffing, gravy & cranberry sauce

3. **Ham & Cheese Sandwich**

Broccoli & Cauliflower

1. **Chicken & Black Bean** 7
Chilaquiles

2. **Popcorn Chicken Bowl**
w/ mashed potato & corn

3. **Ham & Cheese Sandwich**

Vegetarian Baked Beans

1. **French Bread Pizza:** 8
Cheese or Pepperoni

2. **Beefy Cheesy Pasta**

3. **Ham & Cheese Sandwich**

Mixed Vegetables

8

1. **Hot Diggity Dog** 11

2. **Cheeseburger on a Bun**

3. **Fruit & Yogurt Parfait**

Sweet Potato Fries

1. **Taco Tuesday:** 12
Beef Tacos
w/ Spanish rice

2. **Boneless Chicken Bites**
w/ soft pretzel stick

3. **Fruit & Yogurt Parfait**

Potato Wedges

1. **Jamaican Jerk Chicken** 13
w/ brown rice

2. **Meatball Parmesan Sub**

3. **Fruit & Yogurt Parfait**

Steamed Broccoli

1. **Breakfast for Lunch:** 14
Breakfast Burrito
(scrambled eggs & potato)

2. **Bang Bang Chicken**
w/ brown rice

3. **Fruit & Yogurt Parfait**

Black Bean & Corn Salsa

1. **Cheese Pizza** 15

2. **Chicken Alfredo Pasta**

3. **Fruit & Yogurt Parfait**

Steamed Green Beans

15

1. **Whole Grain French Toast** 18
w/ turkey sausage & syrup

2. **Cheesy Stuffed Breadsticks**
w/ marinara sauce

3. **Asian Chicken Salad**
w/ Chow Mein Noodles

Sweet Potato Wedges

1. **Taco Totchos** 19
w/ buttermilk biscuit

2. **Hometown Corn Dog Bites**

3. **Asian Chicken Salad**
w/ Chow Mein Noodles

Tater Tots

1. **Butter Chicken** 20
w/ brown rice

2. **Pulled Pork Nachos**
w/ salsa & sour cream

3. **Asian Chicken Salad**
w/ Chow Mein Noodles

Roasted Broccoli

1. **Crispy Breaded Drumstick** 21
w/ cheesy grits

2. **Orange Chicken Bowl**
w/ brown rice

3. **Asian Chicken Salad**
w/ Chow Mein Noodles

Asian Style Chickpeas

1. **Big Daddy's Pizza Slice:** 22
Cheese or Pepperoni

2. **Classic Grilled Cheese**
w/ tomato soup

3. **Asian Chicken Salad**
w/ Chow Mein Noodles

Mixed Vegetables

22

1. **Pretzel Cheeseburger** 25

2. **Cheesy Baked Ziti**
w/ garlic breadstick

3. **EZ Pizza Bento Box**

Sweet Potato Fries

1. **Beef Nachos** 26
w/ salsa & sour cream

2. **Fish Sticks**
w/ dinner roll

3. **EZ Pizza Bento Box**

Curly Fries

1. **Chicken Cheesesteak** 27

2. **BBQ Chicken Flatbread**

3. **EZ Pizza Bento Box**

Roasted Broccoli & Carrots

1. **French Bread Pizza** 28

2. **Cheese Quesadilla**
w/ sour cream & salsa

3. **Ez Pizza Bento Box**

Green Beans

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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