

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**

Fish and Chips  
Chicken Caesar Salad with WG Roll  
Hot Chicken Sandwich  
Cheese Pizza

**4**

Chicken Nuggets with Rice  
Italian Sub Sandwich  
Cheese Quesadilla  
Cheeseburger

**5**

Breakfast For Lunch  
Lift Off Salad with WG Roll  
Hot Chicken Sandwich  
Ham and Pineapple Pizza

**6**

Chicken Noodle Soup and GC Sandwich  
Italian Wrap  
Hot Dog  
Cheeseburger

**7**

Beef Soft Taco  
Chef Salad with WG Roll  
Hot Chicken Sandwich  
Cheese Pizza

**10**

Nachos Supreme  
Chef Salad with WG Roll  
Hot Chicken Sandwich  
Cheese Pizza

**11**

Cheesy Breadstick with Marinara  
Chicken Nuggets with Rice  
Chicken Caesar Wrap  
Cheeseburger

**12**

Teriyaki Dippers with Rice  
American Sub Sandwich  
Hot Chicken Sandwich  
Pepperoni Pizza

**13**

Turkey Gravy with Mashed Potatoes  
Turkey Ranch Wrap  
Corn Dog  
Cheeseburger

**14**

Bean and Cheese Burrito  
Chicken Caesar Salad with WG Roll  
Hot Chicken Sandwich  
Cheese Pizza

Breakfast Prices: Students \$1.25 Reduced: Free, Adults \$2.25, Milk \$.55

**17**

PRESIDENTS' DAY  
NO SCHOOL

**18**

Chicken Nuggets with Rice  
Italian Sub Sandwich  
Cheeseburger  
Cheese Quesadilla

**19**

Soft Chicken Taco  
Crispy Chicken Salad with WG Roll  
Hot Chicken Sandwich  
Pepperoni Pizza

**20**

Bean and Cheese Enchiladas  
Italian Wrap  
Cheeseburger  
Corn Dog

**21**

Breakfast for Lunch  
Chef Salad with WG Roll  
Chicken Burger  
Cheese Pizza

Lunch Prices: Students \$2.50, Reduced K-3 Free, reduced 4-5 \$.40 Adults \$3.50, Milk \$.55

**24**

Teriyaki Chicken with Rice  
Chef Salad with WG Roll  
Hot Chicken Sandwich  
Cheese Pizza

**25**

Cheesy Breadstick with Marinara  
Chicken Caesar Wrap  
Chicken Nuggets with Rice  
Cheeseburger

**26**

Rib B Que  
Hot Chicken Sandwich  
Crispy Chicken Salad with WG Roll  
Pepperoni Pizza

**27**

Chili Fritos  
Turkey and Cheese Sub  
Cheeseburger  
Hot Dog

**28**

Cooks Choice  
Chicken Caesar Salad with WG Roll  
Hot Chicken Burger  
Cheese Pizza

The Kennewick School District is now hiring substitute Cooks and Cashiers, please log on to [www.ksd.org](http://www.ksd.org) and click on the employment tab to apply.



## Together We Can Make a Change

Sometimes people take for granted what they have or the opportunities they have been given. Community service means giving back to others and being thankful for the things you have in your own life. Take a moment and think about what talents you have, what gifts you've been given and how you are skilled to help others. Can you sing or play an instrument, can you build cool things, do you like to draw or make people laugh or are you a great listener? Whatever your skill, or the skill of the children in your life, it's worth sharing. No one needs to be a rock star or

millionaire to make a difference in this world. If you make the difference in ONE person's life, it can transform a person into something they never once dreamed possible. Also, doing good things for one person has the opportunity to trickle to others and make a difference in many people's lives. Consider this quote from a reputable poet, educator, actress and best-selling author..... "Be a rainbow in someone else's cloud."

— *Maya Angelou, Letter to My Daughter*



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.liftoffstplayground.com](http://www.liftoffstplayground.com)

## BREAKFAST

Ultimate Breakfast Round and Low Sugar Cereals with WG Toast offered daily, along with Milk and a variety of Fruit.

**MONDAY:** Pancakes

**TUESDAY:** Breakfast Pizza

**WEDNESDAY:** Waffles

**THURSDAY:** Sausage and Pancake on a Stick

**FRIDAY:** French Toast Sticks

### *Fresh Pick Recipe*

#### **COLCANNON** (SERVES 4)

- 2 5/8 tsp onions (chopped)
  - 5/8 tsp parsley (chopped)
  - 3/4 cup and 2 Tbsp water
  - 1 3/4 oz. instant mashed potatoes
  - 2 3/4 oz. green cabbage (shredded)
  - Kosher salt
  - Black pepper
1. Wash green onions and slice very thin on bias.
  2. Wash parsley and chop.
  3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
  4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
  5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
  6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
  7. Blend cabbage and potatoe and place in a steamtable pan. Garnish with chopped parsley.

**NUTRITION FACTS:**  
52 calories, 0.73g fat,  
56mg sodium, 1.25g fiber



## ENJOY A TRIP THROUGH THE FRESH GARDEN BAR

After choosing your entree, please take a trip throught the Fresh Garden Bar, there you will find a variety of Fruits and Vegetables, Salad Mix and Legumes to finish building your Balanced Plate!

