

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**

Fish Sandwich  
Chicken Caesar Salad with WG Roll  
Chicken Sandwich  
Cheese Pizza

**4**

Chicken Nuggets with Rice  
Italian Sub Sandwich  
Cheese Quesadilla  
Cheeseburger

**5**

Rib B Que/Potato Smiles  
Popeye Salad with WG Roll  
Chicken Sandwich  
Hawaiian Pizza

**6**

Beef Soft Taco  
Italian Wrap  
Hot Dog  
Cheeseburger

**7**

Early Release no lunch served

NATIONAL SCHOOL BREAKFAST WEEK!!!!!! Students eat breakfast free!

**10**

Nacho Supreme  
Chef Salad with WG Roll  
Chicken Sandwich  
Cheese Pizza

**11**

Cheesy Bread with marinara Dip  
Chicken Nuggets with Rice  
Chicken Caesar Wrap  
Cheeseburger

**12**

Teriyaki Dippers with Rice  
American Sub Sandwich  
Chicken Sandwich  
Pepperoni Pizza

**13**

Turkey Gravy with Mashed Potatoes  
Turkey Wrap  
Corn Dog  
Cheeseburger

**14**

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

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

**17**

Cheese Quesadilla  
Chicken Caesar Salad with WG Roll  
Chicken Sandwich  
Cheese Pizza

**18**

Chicken Nuggets with Rice  
Italian Sub Sandwich  
Chicken Sot Taco  
Hot Dog

**19**

Early Release Conferences

**20**

Early Release Conferences

**21**

No School State Professional Day

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

**24**

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

**25**

Chicken Nuggets with Rice  
Bean and Cheese Burrito  
Turkey and Cheese Sandwich  
Cheeseburger

**26**

Rib B Que/Potato Smile  
American Sub Sandwich  
Chicken Sandwich  
Pepperoni Pizza

**27**

Bean and Cheese Enchilada  
Turkey Sub Sandwich  
Cheeseburger  
Hot Dog

**28**

Cooks Choice  
Chicken Caesar Salad with WG Roll  
Chicken Sandwich  
Cheese Pizza



## It's National Nutrition Month: Kid Size Your Meals

Children tend to eat only when they are hungry and typically stop when they are full. However, by the time children hit kindergarten or the age of about four, many have developed a habit of eating for the sake of eating and not because of true hunger. People lose the ability to recognize true hunger because we are presented with larger portions than necessary. We've been told to "clean your plate" and we have developed poor habits of mindless eating in front of televisions and computers. Monitoring portions is not about "diets", it's about teaching children how to lead a healthy lifestyle. Your stomach is only about the size of your fist, so stop and think about how much food you're trying to stuff in there.

Here are a few tips that can help:

1. Start using child-size plates or salad plates.
2. Limit drinking juice and soda to 4 ounce glasses
3. Save calories and stay hydrated by filling a glass only half full with juice or iced tea and filling the other half of the glass with refreshing water
4. In restaurants, split a child's meal between two children, order a side of the vegetable of the day or a salad
5. Do not eat snacks out of a bag. Instead portion into a small cereal size bowl.



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.liftoffsp playground.com](http://www.liftoffsp playground.com)

## BREAKFAST

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

**MONDAY:** French Toast

**TUESDAY:** Breakfast Pizza

**WEDNESDAY:** Waffles

**THURSDAY:** Pancakes

**FRIDAY:** French Toast Sticks

### 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

## ENJOY A TRIP THROUGH THE GARDEN BAR

After choosing your entree, please enjoy a trip through the fresh Garden Bar. There you will find a variety of Fruits, Vegetables, Salad Mix and Legumes to finish building your balanced plate.

