

MONDAY

Oranges are the Fresh Pick of the month! Try one from your garden bar.

TUESDAY



WEDNESDAY

Check with your school about Future Chef information.

THURSDAY



FRIDAY

Orange Chicken & Brown Rice
Hamburger on a Whole Grain Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
Turkey & Cheese Sandwich on Whole Wheat
Vegetarian Taco Salad*

You must select at least a 1/2 cup of fruit or vegetable or a combination of both. You may select more.

4

Nachos w/Beans & Cheese*
Chicken Patty on Whole Grain Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

5

Fish Sticks & Brown Rice
Cheesburger on Whole Grain Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers & Marinara Sauce*
Beef Taco Salad & Tortilla Chips*

6

Chicken Soft Tacos
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

7

Beefy Macaroni
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll

8

Whole Grain Chicken Corn Dog
Hamburger on a Whole Grain Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
Turkey & Cheese Sandwich on Whole Wheat
Vegetarian Taco Salad*

*Vegetarian Items

11

French Toast Sticks & Sausage
Chicken Patty on Whole Grain Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

12

Rib b que on a Bun
Cheesburger on Whole Grain Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers & Marinara Sauce*
Beef Taco Salad & Tortilla Chips*

13

Beef Soft Tacos
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

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Happy Valentine's Day!
Schools Closed

15

Schools Closed

We offer non fat chocolate milk and 1% white milk daily with your meal.

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President's Day
School Holiday

19

Cheese Quesadilla*
Cheesburger on Whole Grain Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers & Marinara Sauce*
Beef Taco Salad & Tortilla Chips*

20

Pizza Day!

21

Teriyaki Beef Dippers & Brown Rice
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll

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Orange Chicken & Brown Rice
Hamburger on a Whole Grain Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
Turkey & Cheese Sandwich on Whole Wheat
Vegetarian Taco Salad*

Breakfast Meal Price: Reduced \$0.30 Paid \$

25

Nachos w/Beans & Cheese*
Chicken Patty on Whole Grain Bun
Grilled Cheese Sandwich on Whole Wheat*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly on Whole Wheat*

26

Fish Sticks & Brown Rice
Cheesburger on Whole Grain Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers & Marinara Sauce*
Beef Taco Salad & Tortilla Chips*

27

Chicken Soft Tacos
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & Wheat Dinner Roll

28

Beefy Macaroni
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & Wheat Dinner Roll

Lucky Tray Day!



Lunch Meal Price: Reduced \$0.40 Paid \$

Balance Calories In With Calories Out

Calories are more than “things” that fill you up. Calories come from three nutrients that are in our foods: carbohydrates, protein and fat. The amount of each of these nutrients in foods varies and the type and quantity in each food determines the healthfulness of many foods we eat. For example, there are carbohydrates that are a part of whole grain rich foods, which contain more fiber and B vitamins. Then there are carbohydrates that are a part of foods that are made up of more sugar and refined white flour, such as desserts and many bread products. When you compare the whole grain-rich carbohydrate food with the one made with sugar and refined white flour, you may see that they contain the same number of calories

per serving. However, the whole grain rich carbohydrate typically contains more nutrition with the added fiber and vitamins and minerals compared to the white flour product. So while the calories are equal, the nutrition is not. Another example includes the side foods we include with our meals. A side dish of about ½ cup of a fried vegetable, say fried French fries, can have more calories and unhealthy fats compared to 1 ½ cup side of steamed vegetables and fresh fruit. When you eat healthier calories with less added fat and sugar you actually get to eat more food, but not necessarily more calories. This means you “fill up” your belly, but you don’t “fill it out” with added body fat.



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.liftoffplayground.com



Nutrition • Achievement • Environment • Community • Activity

Garden Bar

Choose Fruits & Vegetables from the Garden Bar with your lunch:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Broccoli Raisins Green Beans	Carrots Raisins Garbanzo Beans	Broccoli Raisins Green Peas	Sweet Potatoes Raisins Pinto Beans	Carrots Raisins Corn
Canned Peas	Canned Pears	Canned Applesauce	Canned Pineapple	Canned Fruit Cocktail
Jicama Apples Salad Mix	Celery Oranges Salad Mix	Tomatoes Bananas Salad Mix	Celery Oranges Salad Mix	Broccoli Apples Salad Mix

Fresh Pick Recipe

LENTIL SOUP WITH PASTA (SERVES 8)

- 2 cups lentils
- 1 cup penne pasta
- 1/4 cup yellow onion (diced)
- 1 teaspoon garlic (raw)
- 1/2 cup canned tomato (diced)
- 1/2 cup carrot matchsticks
- 2 tablespoons Parmesan cheese (grated)
- 1 tablespoon dried parsley

Lemon Dressing

- 2 tablespoons unsweetened lemon juice (frozen)
- 1 tablespoon canola/olive oil blend
- 1/4 teaspoon black pepper (ground)
- 1/4 teaspoon kosher salt

1. Prepare lentils and pasta according to recipes.
2. Dice onion 1/4".
3. Mince garlic.
4. Drain tomatoes.
5. Whisk together lemon juice, oil, salt and pepper in a non-reactive bowl until blended.
6. Combine lentils, pasta, onion, carrots and tomatoes with lemon dressing in serving pan.
7. Garnish with parmesan cheese and parsley.

NUTRITION FACTS:

81 **calories**, 3g **fat**,
60mg **sodium**, 3g **fiber**



FUTURE CHEF CONTEST COMING SOON!

March 20, 2013...Save the date! Are you a Future Chef? Do you have a healthy snack recipe to make? Please join in our 7th Annual Future Chef Contest! Entry forms will be located in your school's cafeteria on Monday 2/4/13. Return by 2/28/13. Recipes will be judged by: Nutrition, Creativity, Kid Friendly Preparation, and Presentation. Good Luck!