

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



The Fresh Pick of the Month is peppers. Try some from your Garden Bar!

**freshpick**  
for better health  
by sodexo

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

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

4  
\*Nachos with Beans & Cheese  
Whole Grain Chicken Corn Dog  
Rib b Que on a Bun  
\*Cheese or Pepperoni Pizza  
Chicken Taco Salad & Tortilla Chips

5  
Chicken Hip Dipper & Brown Rice  
Cheeseburger on Whole Grain Bun  
\*Bean & Cheese Burrito Whole Grain  
\*Cheese Quesadilla  
Turkey & Cheese Sandwich on Whole Wheat

6  
Hot Ham & Cheese on Whole Grain Bun  
Spaghetti & Meatballs with Marinara Sauce  
Turkey Hot Dog on a Bun  
\*Peanut Butter or \*Sun Butter & Jelly on Whole Wheat w/String Cheese  
\*Cheese or Pepperoni Pizza

7  
Teriyaki Beef Dippers & Brown Rice  
Whole Grain Chicken Nuggets & Wheat Roll  
Chef Salad & Wheat Roll  
\*Yogurt & String Cheese w/Cinnamon Goldfish Grahams  
Half Ham & Cheese Sandwich on Whole Wheat & Sunflower Seeds

8  
Fish Patty on Whole Grain Bun  
Chicken Patty on Whole Grain Bun  
Grilled Cheese on Whole Wheat Bread  
\*Italian Dunkers & Marinara Sauce  
Tuna Sandwich on Whole Wheat Bread

\*Vegetarian Item

11  
\*Rainbow Chili & Tortilla Chips  
Whole Grain Chicken Corn Dog  
Rib b Que on a Bun  
\*Cheese or Pepperoni Pizza  
Chicken Taco Salad & Tortilla Chips

12  
Beef Soft Tacos  
Cheeseburger on Whole Grain Bun  
\*Bean & Cheese Burrito Whole Grain  
\*Cheese Quesadilla  
Turkey & Cheese Sandwich on Whole Wheat

13  
Meatball Sub on a Bun  
Spaghetti & Meatballs with Marinara Sauce  
Turkey Hot Dog on a Bun  
\*Peanut Butter or \*Sun Butter & Jelly on Whole Wheat w/String Cheese  
\*Cheese or Pepperoni Pizza

14  
Turkey Gravy w/Mashed Potatoes & Wheat Roll  
Whole Grain Chicken Nuggets & Wheat Roll  
Chef Salad & Wheat Roll  
\*Yogurt & String Cheese w/Cinnamon Goldfish Grahams  
Half Ham & Cheese Sandwich on Whole Wheat & Sunflower Seeds

15  
Fish Sticks & Brown Rice  
Chicken Patty on Whole Grain Bun  
Grilled Cheese on Whole Wheat Bread  
\*Italian Dunkers & Marinara Sauce  
Tuna Sandwich on Whole Wheat Bread

Menu is subject to change

18  
Turkey & Cheese Hearty Grain Wrap  
Whole Grain Chicken Corn Dog  
Rib b Que on a Bun  
\*Cheese or Pepperoni Pizza  
Chicken Taco Salad & Tortilla Chips

19  
Chicken Tenders & Brown Rice  
Cheeseburger on Whole Grain Bun  
\*Bean & Cheese Burrito Whole Grain  
\*Cheese Quesadilla  
Turkey & Cheese Sandwich on Whole Wheat

20  
Chicken Quesadilla  
Spaghetti & Meatballs with Marinara Sauce  
Turkey Hot Dog on a Bun  
\*Peanut Butter or \*Sun Butter & Jelly on Whole Wheat w/String Cheese  
\*Cheese or Pepperoni Pizza

21  
Beefy Macaroni  
Whole Grain Chicken Nuggets & Wheat Roll  
Chef Salad & Wheat Roll  
\*Yogurt & String Cheese w/Cinnamon Goldfish Grahams  
Half Ham & Cheese Sandwich on Whole Wheat & Sunflower Seeds

22  
Chicken Alfredo with Whole Wheat Rotini  
Chicken Patty on Whole Grain Bun  
Grilled Cheese on Whole Wheat Bread  
\*Italian Dunkers & Marinara Sauce  
Tuna Sandwich on Whole Wheat Bread

Each student must select at least a 1/2 cup of fruit or vegetable or a combination of both. May select more.

25  
\*Nachos with Beans & Cheese  
Whole Grain Chicken Corn Dog  
Rib b Que on a Bun  
\*Cheese or Pepperoni Pizza  
Chicken Taco Salad & Tortilla Chips

26  
Chicken Hip Dipper & Brown Rice  
Cheeseburger on Whole Grain Bun  
\*Bean & Cheese Burrito Whole Grain  
\*Cheese Quesadilla  
Turkey & Cheese Sandwich on Whole Wheat

27  
Hot Ham & Cheese on Whole Grain Bun  
Spaghetti & Meatballs with Marinara Sauce  
Turkey Hot Dog on a Bun  
\*Peanut Butter or \*Sun Butter & Jelly on Whole Wheat w/String Cheese  
\*Cheese or Pepperoni Pizza

28  
Teriyaki Beef Dippers & Brown Rice  
Whole Grain Chicken Nuggets & Wheat Roll  
Chef Salad & Wheat Roll  
\*Yogurt & String Cheese w/Cinnamon Goldfish Grahams  
Half Ham & Cheese Sandwich on Whole Wheat & Sunflower Seeds

29  
Fish Patty on Whole Grain Bun  
Chicken Patty on Whole Grain Bun  
Grilled Cheese on Whole Wheat Bread  
\*Italian Dunkers & Marinara Sauce  
Tuna Sandwich on Whole Wheat Bread

Lunch Meal Prices: Reduced \$0.40 Full Paid \$2.75  
Breakfast Meal Prices: Reduced \$0.30 Full Paid \$1.50

## Rethink Your Portions

What is a normal food portion? Is normal a handful of pretzels or a snack size bag of pretzels? How do you know if that "snack size" bag is one, two or three servings? One of the primary reasons Americans struggle with their weight is because they have a poor understanding of what normal portions look like. Over the past couple of decades, portions have exploded beyond normal. A candy bar is now three times bigger than it was 20 years ago, a typical hamburger is double the "normal" size and many of our small soft drinks in America are considered a large in European countries. Bottom line, we are simply eating more. Couple that with less exercise and it's a perfect storm for weight gain.

Americans need to become more aware of what a normal portion represents. To get started, begin looking at the portion, or serving size, on food labels. For example, if you pick up a bag of pretzels often that "snack size" bag contains more than one serving. For example, a snack size bag of pretzels may actually contain two or three normal portions. In addition, check out the portions for each food group at [www.choosemyplate.com](http://www.choosemyplate.com). Here you can discover what a normal size portion is for fruit, vegetables, starchy foods, dairy and proteins. This website also offers some great tools to help you build your portions into a well-balanced and nutritious day.



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](http://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
Carrots Raisins Green Beans	Broccoli Raisins Garbanzo Beans	Carrots Raisins Green Peas	Broccoli Raisins Kidney Beans	Carrots Raisins Corn
Canned Peaches	Canned Pears	Canned Applesauce	Canned Pineapple	Canned Fruit Cocktail
Corn Apples Salad Mix	Celery Oranges Salad Mix	Tomatoes Bananas Salad Mix	Celery Oranges Salad Mix	Cucumbers Apples Salad Mix

## Fresh Pick Recipe

### ORANGE SALAD WITH GINGER DRESSING (SERVES 16)

- 1 cup mandarin oranges in light syrup
  - 1 tablespoon green onion (chopped)
  - 1/4 cup frozen orange juice
  - 1 tablespoon canola/olive oil blend
  - 1 teaspoon ginger (ground)
  - 1/2 teaspoon garlic powder
  - 1 teaspoon parsley (dried)
  - 3 cups fresh spinach
  - 3 cups romaine lettuce
1. Drain oranges.
  2. Slice onion on bias.
  3. Whisk orange juice, oil, ginger, garlic and parsley. Blend well.
  4. In serving pan, mix spinach and lettuce.
  5. Right before service, toss lettuce mixture with dressing.
  6. Garnish salad with oranges and onions.

**NUTRITION FACTS:**  
24 calories, 1g fat,  
7mg sodium, 1g fiber



Don't forget to submit in your recipe for our Future Chef Contest! It will be held at Green Hills Elementary School on Wednesday 3/27/13 at 3:30. Pick up your entry form in your school's cafeteria today! Note: Only the chosen recipes to participate in our contest will be notified by 15, 2013. Thank you and good luck!