

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Thrive Garden Bar**  
Daily: Romaine or Spinach Salad  
Monday: Carrot Sticks  
Tuesday: Chilled Corn Salad  
Wednesday: Broccoli Dippers  
Thursday: Bean Salad  
Friday: Celery Sticks

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)  
Big Daddy's Pizza every Tuesday, Wednesday and Thursday  
Chicken Patty Sandwich, Monday and Friday

1  
Chicken Nuggets w/ Dinner Roll  
Vegetarian Baked Beans  
**Lucky Tray Day**

2  
Penne Pasta with Italian Meat Sauce  
Parmesan Green Beans  
**Fresh Pick Pea and Orange Salad**

3  
Cheese Pizza Square  
Sweet Corn

Offered Daily 3/1-3/3: Chef Salad with Flatbread, Yogurt & Bagel Bag

6  
Cheese Quesadilla with Salsa  
Seasoned Broccoli

7  
**Breakfast for Lunch:**  
Pancakes with Sausage  
Smile Fries

8  
Nachos Supreme with Meat and Cheese  
Southwest Black Beans  
**LUCKY TRAY DAY**

9  
Chicken & Waffle Tower  
Italian Roasted Zucchini

10  
French Bread Pizza  
Seasoned Carrot Coins

Offered Daily 3/6-3/10: Italian Sub, Yogurt & Bagel Bag

13  
**School Closed Faculty In-Service**

14  
Homemade Macaroni & Cheese with Dinner Roll  
Sautéed Spinach

15  
Orange Chicken Bowl with Rice  
Broccoli Dippers  
**Lucky Tray Day**

16  
Taco Quesadilla with Salsa  
Roasted Chickpeas

17  
Cheese Pizza Slice  
Roasted Green Beans  
Shamrock Pretzel

Offered Daily 3/13-3/17: Parfait Paradise Bento Box, Yogurt & Bagel Bag

20  
Grilled Cheese Pretzel Melt  
Cucumber Coins

21  
**Breakfast for Lunch:**  
French Toast Sticks with Sausage  
Cinnamon Sweet Potatoes

22  
Sweet & Sour Chicken with Rice  
Roasted Broccoli  
**Lucky Tray Day**

23  
Loaded Totchos with Buttermilk Biscuit  
Crispy Tater Tots

24  
Cheese Pizza Square  
Vegetarian Baked Beans

Offered Daily 3/20-3/24: Crispy Chicken Wrap, Yogurt & Bagel Bag

27  
Stuffed Breadsticks/Sauce  
Roasted Green Beans

28  
Boneless Chicken Bites with Soft Pretzel Stick  
Southwest Black Beans

29  
Chicken BLT Sandwich  
Sautéed Spinach  
**Lucky Tray Day**

30  
Corn Dogs  
Creamy Mashed Potatoes & Sweet Corn

31  
Cheese Pizza Slice  
Roasted Carrot Sticks

Offered Daily 3/27-3/31: Egg & Muffin Bento Box, Yogurt & Bagel Bag

## 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.



Find out more about ensuring healthy meal choices for your students with the NSBW 2014-15 Nutrition Facts and Recipes Guide.

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAGEL/CC FRUIT/JUICE MILK	2 CINNAMON POPTART FRUIT/JUICE MILK	3 BLUEBERRY MUFFIN FRUIT/JUICE MILK
6 ASSORTED CEREAL/CRACKERS FRUIT/JUICE MILK	7 APPLE FRUDEL FRUIT/JUICE MILK	8 BANANA BREAD FRUIT/JUICE MILK	9 YOGURT CUP/CRACKERS FRUIT/JUICE MILK	10 FRENCH TOAST FRUIT/JUICE MILK
13 SCHOOL CLOSED	14 BAGEL/CC FRUIT/JUICE MILK	15 NUTRIGRAIN BAR FRUIT/JUICE MILK	16 MINI WAFFLES FRUIT/JUICE MILK	17 CHOCOLATE MUFFIN FRUIT/JUICE MILK
20 CINIMINI PASTRY FRUIT/JUICE MILK	21 COCOA KRISPIE BAR FRUIT/JUICE MILK	22 CRUNCHMANIA FRUIT/JUICE MILK	23 ASSORTED CEREAL/CRACKERS FRUIT/JUICE MILK	24 BAGEL/CC FRUIT/JUICE MILK
27 CHOCOLATE CHIP OATMEAL BAR FRUIT/JUICE MILK	28 CINNAMON ROLL FRUIT/JUICE MILK	29 MINI PANCAKES FRUIT/JUICE MILK	30 EGG AND CHEESE ON A BISCUIT FRUIT/JUICE MILK	31 CINNAMON TOAST CRUNCH BAR FRUIT/JUICE MILK

### Fresh Pick Recipe

#### PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.



#### BREAKFAST PRICES

PAID STUDENT \$1.60, FREE OR REDUCED STUDENT \$0

#### LUNCH PRICES

PAID STUDENT \$2.75, FREE OR REDUCED STUDENT \$0

Nutrition information is available upon request.

