

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)

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
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 Inservice

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
Shamrock Pretzel
Roasted Green Beans

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
Hot Diggity Dog
Roasted Broccoli
LUCKY TRAY DAY

23
Loaded Totchos with Buttermilk Biscuit
Crispy Tater Tots

24
Cheese Pizza
Vegetarian Baked Beans

Offered Daily 3/20-2/24: 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 Patty Sandwich
Sautéed Spinach
LUCKY TRAY DAY

30
Hometown Corn Dog
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 2021-22 Nutrition Healthy and Delicious Guide.

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 FACULTY INSERVICE	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.

