



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**

Cheeseburger on Bun  
 Cheese Pizza  
 Chicken Caesar Salad Wrap  
 Sweet Potato Fries

**4**

Turkey Tacos  
 Pepperoni Pizza  
 Chicken Caesar Salad Wrap  
 Elote Corn

**5**

Chicken Tenders w/Soft Pretzel  
 Sausage Pizza  
 Chicken Caesar Salad Wrap  
 Citrus Glazed Carrots

**6**

Pancakes w/( 2)Sausage  
 Pepperoni Pizza  
 Chicken Caesar Salad Wrap  
 Green Beans

**7**

Chicken Alfredo Pasta  
 Cheese Pizza  
 Chicken Caesar Salad Wrap  
 Roasted Vegetables



**10**

French Toast Sticks (2) Sausage  
 Pepperoni Pizza  
 Chef's Salad w/Flatbread  
 Sweet Potato Fries  
 Romaine Tossed Salad

**11**

Hometown Corn Dog  
 Cheese Pizza  
 Chef's Salad w/Flatbread  
 Roasted Summer Squash

**12**

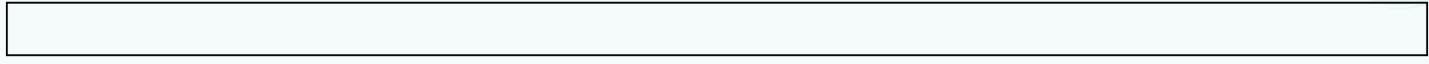
BBQ Pulled Pork w/ Nachos Chips  
 Cheese Pizza  
 Chef's Salad w/Flatbread  
 Green Peas

**13**

Crispy Chicken Drumsticks  
 W/Brown Rice  
 Margarita Pizza  
 Chef's Salad w/Flatbread  
 Cheesy Corn Casserole

**14**

Grilled Cheese w/Tomato Soup  
 Pepperoni Pizza  
 Chef's Salad w/Flatbread  
 Mixed Vegetables



**17**

PRESIDENT'S DAY  
 SCHOOL CLOSED

**18**

Chicken Tenders/Dinner roll  
 Cheese Pizza  
 Italian Sub  
 Crispy French Fries  
 Baby Carrots

**19**

Chicken Cheese Steak  
 Sausage Pizza  
 Italian Sub  
 Mexican Corn

**20**

Chicken & Waffles  
 Cheese Pizza  
 Italian Sub  
 Sautéed Peppers & Onions

**21**

Chicken Parm w/Penne  
 French Bread Pizza  
 Italian Sub  
 Sweet Potato Fries



**24**

Cheeseburger on a Bun  
 Cheese Pizza  
 Crispy Chicken Salad w/ Flatbread  
 Crispy French Fries

**25**

Chicken Fajitas Tacos  
 w/Spanish Rice  
 Pepperoni Pizza  
 Crispy Chicken Salad w/Flatbread  
 Green Beans

**26**

Homestyle Mac & Cheese  
 Meat Lovers Pizza  
 Crispy Chicken Salad w/Flatbread  
 Roasted Broccoli

**27**

Baked Chicken w/Biscuit  
 Cheese Pizza  
 Crispy Chicken Salad w/Flatbread  
 Sweet Green Peas

**28**

Chicken Bacon Ranch Sandwich  
 Cheese Pizza  
 Crispy Chicken Salad w/Flatbread  
 Italian Roasted Zucchini



## Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% within a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

## Be Active for American Heart Month

It's Heart Month and a perfect time to create a plan of daily exercise for yourself and your kids. Physical activity is good for children's bodies. It promotes growth and development and should be encouraged throughout the day for younger children (ages 3 to 5). At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles, build endurance and maintain a healthy weight. There's mounting evidence that moderate to vigorous physical activity also helps boost children's critical thinking skills, grade point averages and standardized test scores.

Plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This amount of time can be done at once or accumulated with shorter chunks throughout the day. Try to select activities your kids enjoy. Consider jumping rope, playing hopscotch, throwing a frisbee, walking the dog, jogging, bike riding, etc. The key is to have fun so that activity becomes associated with positive experiences. Remember to also praise, reward and encourage your kids' physical activity by providing the equipment and inspiration they need.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

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Nutrition Information is available upon request.