



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**3**

- Cheeseburger on Bun
- Cheese Pizza
- Chicken Caesar Salad Wrap
- EZ Pizza Bento Box

Sweet Potato Fries  
Lettuce & Tomato

**4**

- Chicken Fajitas Tacos w/Spanish Rice
- Pepperoni Pizza
- Chicken Caesar Salad Wrap
- EZ Pizza Bento Box

Elote Corn

**5**

- Chicken Tenders w/Soft Pretzel
- Sausage Pizza
- Chicken Caesar Salad Wrap
- EZ Pizza Bento Box

Citrus Glazed Carrots

**6**

- Pancakes w/( 2)Sausage
- Pepperoni Pizza
- Chicken Caesar Salad Wrap
- EZ Pizza Bnto Box

Green Beans

**7**

- Chicken Alfredo Pasta
- Cheese Pizza
- Chicken Caesar Salad Wrap
- EZ Pizza Bento Box

Roasted Vegetables

**10**

- French Toast Sticks (2) Sausage
- Pepperoni Pizza
- Chef's Salad w/Flatbread
- Turkey Club Sandwich

Sweet Potato Fries  
Romaine Tossed Salad

**11**

- Hometown Corn Dog
- Cheese Pizza
- Chef's Salad w/Flatbread
- Turkey Club Sandwich

Roasted Summer Squash

**12**

- BBQ Pulled Pork w/ Nachos Chips
- Cheese Pizza
- Chef's Salad w/Flatbread
- Turkey Club Sandwich

Green Peas

**13**

- Crispy Chicken Drumsticks W/Brown Rice
- Margarita Pizza
- Chef's Salad w/Flatbread
- Turkey Club Sandwich

Cheesy Corn Casserole

**14**

- Grilled Cheese w/Tomato Soup
- Pepperoni Pizza
- Chef's Salad w/Flatbread
- Turkey Club Sandwich

Mixed Vegetables

**17**

PRESIDENT'S DAY  
SCHOOL CLOSED

**18**

- Chicken Tenders/Dinner roll
- Cheese Pizza
- EZ Pizza Bento Box
- Italian Sub

Crispy French Fries  
Baby Carrots

**19**

- Chicken Cheese Steak
- Sausage Pizza
- EZ Pizza Bento Box
- Italian Sub

Mexican Corn

**20**

- Chicken & Waffles
- Cheese Pizza
- EZ Pizza Bento Box
- Italian Sub

Sauteed Peppers & Onions

**21**

- Chicken Parm w/Penne
- French Bread Pizza
- EZ Pizza Bento Box
- Italian Sub

Sweet Potato Fries

**24**

- Cheeseburger on a Bun
- Cheese Pizza
- Crispy Chicken Salad w/ Flatbread
- Turkey Ham & Cheese Sandwich

Crispy French Fries

**25**

- Chicken Fajitas Tacos w/Spanish Rice
- Pepperoni Pizza
- Crispy Chicken Salad w/Flatbread
- Turkey Ham & Cheese Sandwich

Green Beans

**26**

- Homestyle Mac & Cheese
- Meatlovers Pizza
- Crispy Chicken Salad w/Roll
- Turkey Ham & Cheese Sandwich

Roasted Broccoli

**27**

- Baked Chicken w/Biscuit
- Cheese Pizza
- Crispy Chicken Salad w/Flatbread
- Turkey Ham & Cheese Sandwich

Sweet Green Peas

**28**

- Chicken Bacon Ranch Sandwich
- Cheese Pizza
- Crispy Chicken Salad w/Flatbread
- Turkey Ham & Cheese Sandwich

Italian Roasted Zucchini

Seasonal Garden Bar includes seasonal fruit, vegetables, and garden salad in addition to the following daily options:

All reimbursable meals include choice of entree, fruit, juice, and milk (1%, skim, or flavored skim)

## 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/>.*

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

**nutrislice**



Scan to download the Nutrislice app from the Google Play Store

Nutrition Information is available upon request.