

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

- Hot Diggy Dog
- Fruit & Yogurt Parfait

Sweet Potato Fries

4

- Soft Tacos w/Soft Tortilla Shells w/ Spanish Rice
- Fruit & Yogurt Parfait

Elote Corn

5

- Chicken Tenders w/ Soft Pretzel
- Fruit & Yogurt Parfait

Citrus Glazed Carrots

6

- Homestyle Mac & Cheese
- Fruit & Yogurt Parfait

Green Beans

7

- Cheese Pizza
- Fruit & Yogurt Parfait

Mixed Vegetables

10

- French Toast Sticks w/ (2) Sausage
- Turkey & Cheese Sandwich

Tater Tots

11

- Hometown Corn Dog Bites
- Turkey & Cheese Sandwich

Baby Carrots

12

- Pulled Turkey Nachos
- Turkey & Cheese Sandwich

Green Peas

13

- Orange Chicken Stir-fry w/ fried rice
- Turkey & Cheese Sandwich

Asian Style Broccoli

14

- Grilled Cheese Sandwich w/Tomato Soup
- Turkey & Cheese Sandwich

Low Country Green Beans

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!

18

- Beef Nachos
- EZ Pizza Bento Box
- Green Peas

19

- Cheese Quesadilla
- EZ Pizza Bento Box

Sautéed Peppers & Onions

20

- Chicken & Waffles
- EZ Pizza Bento Box

Sweet Potato Fries/Broccoli

21

- Cheese Pizza
- EZ Pizza Bento Box

Green Beans

24

- Cheeseburger on Bun
- Turkey Ham & Cheese Sandwich

Crispy French Fries
Baby Carrots

25

- Grilled Cheese Pretzel Sandwich w/Tomato Soup
- Turkey Ham & Cheese Sandwich

Green Beans

26

- Homestyle Mac & Cheese
- Turkey Ham & Cheese Sandwich

Roasted Broccoli

27

- Baked Chicken w/Biscuit
- Turkey Ham & Cheese Sandwich

Sweet Peas

28

- Cheese Pizza
- Turkey Ham & Cheese Sandwich

Italian Roasted Zucchini



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

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



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.

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Nutrition Information is available upon request.