

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Fun On The Run!
Taco Salad
Cheese Pizza
Fruit
Veggie
Milk

2

Chicken Quesadilla
Taco Salad
Cheese Pizza
Fruit
Veggie
Milk

5

EZ Breakfast Box
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

6

Mozzarella Breadsticks
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

7

Meatball Sub
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

8

Hot Dog
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

9

Pepperoni Pizza
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

12

Walking Taco
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

13

Chicken Tenders
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

14

Cheeseburger
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

15

Mozzarella Breadsticks
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

16

Grilled Cheese
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

19

20

Beef & Cheese Nachos
BBQ Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

21

French Tst Stix & Sausage
BBQ Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

22

Mac & Cheese
BBQ Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

23

Pepperoni Pizza
BBQ Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

26

Spud Bowl
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

27

Tacos
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

28

Hot Dog
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

29

Chicken Patty
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Muffin & String Cheese Bagel & Cream Cheese	Lemon Chip Crunch Bar Poptart & Graham Crackers
Frudel Cereal Bar & String Cheese	Waffle Minis Nutrigrain Bar & Graham Crackers	Benefit Bar Cereal & Graham Crackers	Muffin & String Cheese Bagel & Cream Cheese	Cinnamon Bun Poptart & Graham Crackers
Mini Cinni Cereal Bar & String Cheese	Pancake Minis Nutrigrain Bar & Gra- ham Crackers	Scone Cereal & Graham Crackers	Muffin & String Cheese Bagel & Cream Cheese	Chocolate Crescent Roll Poptart & Graham Crackers
	French Toast Minis Nutrigrain Bar & Graham Crackers	Breakfast Pizza Cereal & Graham Crackers	Muffin & String Cheese Bagel & Cream Cheese	Waffle Minis Poptart & Graham Crackers
Frudel Cereal Bar & String Cheese	Pancake Minis Nurtigrain Bar & Graham Crackers	Bagelful Cereal & Graham Crackers	Muffin & String Cheese Bagel & Cream Cheese	

Fresh Pick Recipe

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



Paying it forward means that you repay the kindness you were offered at some point or the other.

It does not take much when it comes to paying it forward. It simply takes a step, an action, something as simple as a smile or a 'Thank You', and the chain forms thereon.

Nutrition Information is available upon request.