

### MONDAY



### TUESDAY

Breakfast Prices:  
Full Paid: \$1.75  
Reduced: \$.40  
Milk: \$.50  
Lunch Prices:  
Full Paid: \$2.85  
Reduced: \$.40  
Milk: \$.50

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Walking Nachos w/Rice  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
BBQ Baked Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

2

Big Daddy Cheese Pizza  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Cucumber Slices  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

5

Cheeseburger or Hamburger  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Egg & Muffin Bento Box  
Cross Trax Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

6

Hot Dog  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Egg & Muffin Bento Box  
Mashed Potatoes  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

7

Chicken Patty Sandwich  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Egg & Muffin Bento Box  
Roasted Vegetables  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

8

Jumbo Popcorn Chicken w/Roll  
and dipping sauces  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Egg & Muffin Bento Box  
Vegetarian Refried Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

9

Cheese Pizza Slice  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Egg & Muffin Bento Box  
Steamed Green Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

Menu subject to change.

12

Mozzarella Sticks w/Marinara Sauce  
Italian Sub  
Grilled Chicken Salad w/Roll  
Cereal Boat  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

13

Chicken Tenders w/Breadstick  
w/Tortilla Chips  
Italian Sub  
Grilled Chicken Salad w/Roll  
Cereal Boat  
Smile Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

14

Pasta with Meat sauce w/roll  
Italian Sub  
Grilled Chicken Salad w/Roll  
Cereal Boat  
Steamed Broccoli  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

15

Chicken & Waffles  
Italian Sub  
Grilled Chicken Salad w/Roll  
Yogurt Boat  
Three Bean Salad  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

16

Big Daddy Pizza  
Italian Sub  
Grilled Chicken Salad w/Roll  
Yogurt Boat  
Green Pepper Strips  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

19

Pancakes w/maple syrup  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Bagel Boat  
Sweet Potato Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

20

Poppin Popcorn Chicken w/Roll  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Bagel Boat  
Baked French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

21

Chicken Patty Sandwich  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Bagel Boat  
Broccoli Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

22

Nachos Supreme  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Bagel Boat  
Vegetarian Refried Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

23

Cheese Pizza  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Bagel Boat  
Steamed Green Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

26

Cheeseburger or Hamburger  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Pretzel Boat  
Healthy Hummus Bento Box  
Sweet Potato Crinkle Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

27

Hot Dog w/Cheese Sauce  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Pretzel Boat  
Healthy Hummus Bento Box  
Tater Tots  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

28

Mac & Cheese w/Breadstick  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Pretzel Boat  
Healthy Hummus Bento Box  
Sautéed Spinach  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

29

Big Daddy Cheese Pizza  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Pretzel Boat  
Healthy Hummus Bento Box  
Celery Sticks  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

30

School Closed  
Spring Recess Begins



## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at [www.choosemyplate.gov](http://www.choosemyplate.gov).



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

[liftoffsplayground.com](http://liftoffsplayground.com)

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar  
All Breakfast come with Fruit and Variety of Reduced Fat Milk

**MONDAY:** Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Maple Pancakes

**WEDNESDAY:** Warm Whole Grain Mini Cini Pastry

**THURSDAY:** Hot Mini Berry Waffles

**FRIDAY:** Whole Grain Muffin and Graham Crackers

### *Fresh Pick Recipe*

MUSHROOMS AND SNAP PEAS  
(SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

**NUTRITION FACTS:**  
138 calories, 4g fat,  
161mg sodium, 7g fiber



Happy March 2018! Comments or concerns with the Breakfast or Lunch Program please do not hesitate to call Jacqueline Wagner- Sodexo at 732-531-5630 ext. 7091 or at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com)  
To add money to your child's lunch account go to: [www.schoolcafe.com](http://www.schoolcafe.com)