

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

1

Pepperoni Pizza or
American Sandwich

Sweet Potato Fries
Baked Cinnamon Apples

2

Crispy Chicken Nuggets or
Ham and Cheese Sandwich

Green Peas & Carrots & Mashed
Potatoes w/ gravy
Orange Smiles

3

Cheese Pizza (V) or
Pinwheel Party Box

Mixed Vegetables
Applesauce

Fresh Pick of the Month: Cauliflower!

6

Italian Cheese Dippers w/ Marinara
Sauce (V) or
Ham and Cheese Sandwich

Green Beans
Orange Smiles

7

Chicken Nuggets w/Fries or
Turkey & Cheese Sandwich

Roasted Squash & Zucchini
Bananas

8

Cheese Pizza (V) or
American Sandwich

California Blend Vegetables
Applesauce

9

Popcorn Chicken or
Sunbutter and Jelly Sandwich

Cooked Peas
Oranges

10

Grilled Cheese (V) or
Ham and Cheese Sandwich

Sweet Potato Fries
Applesauce

Seasonal fruit & vegetables offered daily on garden bar

13

Crispy Chicken Sandwich or
American Sandwich

Green Beans
Orange Smiles

14

Cheese Pizza (V) or
Pinwheel Party Box

Roasted Broccoli
Bananas

15

Chicken Nuggets or
Fruit and Yogurt Parfait

Smiley Potatoes
Applesauce

16

Cheese Quesadilla (V) or
Turkey and Cheese Sandwich

Mexican Corn
Orange Smiles

17

Pepperoni Pizza or
Sunbutter and Jelly Sandwich

Carrot Coins
Applesauce

(V) denotes vegetarian friendly item

20

No School

21

Popcorn Chicken or
Cheese Pizza

Baked Beans
Bananas

22

Italian Cheese Dippers w/ Marinara
Sauce (V) or
Ham and Cheese Sandwich

California Blend Vegetables
Applesauce

23

Corndog or
Turkey & Cheese Sandwich

Roasted Mixed Vegetables
Orange Smiles

24

Pepperoni Pizza or
Sunbutter and Jelly Sandwich

Roasted Carrots
Applesauce

Fat-free and low-fat milk offered daily

27

Chicken Sandwich or
Ham and Cheese Sandwich

Sweet Potato Fries
Orange Smiles

28

Cheese Pizza (V) or
American Sandwich

Peas & Carrots
Bananas

29

30

31

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

This institution is an equal opportunity provider.

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.liftoffsplayground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| | | February 1 Cereal or Breakfast Bar Juice Milk | February 2 Cereal or Muffin Juice Milk | February 3 Cereal or Poptart Juice Milk |
| February 6 Cereal or Muffin Juice Milk | February 7 Cereal or Breakfast Bar Juice Milk | February 8 Cereal or Poptart Juice Milk | February 9 Cereal or Muffin Juice Milk | February 10 Cereal or Mini Cinni Juice Milk |
| February 13 Cereal or Breakfast Bar Juice Milk | February 14 Cereal or Muffin Juice Milk | February 15 Cereal or NutriGrain Bar Juice Milk | February 16 Cereal or Poptart Juice Milk | February 17 Cereal or Mini Cinni Juice Milk |
| February 20 No School | February 21 Cereal or Muffin Juice Milk | February 22 Cereal or Breakfast Bar Juice Milk | February 23 Cereal or Poptart Juice Milk | February 24 Cereal or Mini Cinni Juice Milk |
| February 27 Cereal or Muffin Juice Milk | February 28 Cereal or Breakfast Bar Juice Milk | | | |

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.