

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Chicken Nuggets & Biscuit
Italian Dunkers*
Protein Pack*
Turkey & Cheese Sub

4

Spaghetti w/Meatsauce & Breadstick
Bean & Cheese Burrito*
American Sub
Buffalo Chicken Salad w/Breadstick

5

Bean & Cheese Nachos*
Cheese* or Pepperoni Pizza
Ham & Cheese Sandwich
Chicken Caesar Salad & Breadstick

6

Chicken Drumstick w/ Biscuit
Corn Dog
Sun Butter & Jelly Sandwich w/String Cheese*
Fruit & Yogurt Parfait w/String Cheese*

7

Honey BBQ Rib w/Mashed Potato & Breadstick
Fish Sandwich
Grilled Cheese Sandwich*
Crispy Chicken Salad & Breadstick

You must select a half a cup of fruit or vegetable or a combination of both with your meal. You may select more.

10

Hamburger or Cheeseburger
Cheese* or Pepperoni Pizza
Protein Pack*
Turkey & Cheese Sub

11

Mac & Cheese w/ Breadstick
Bean & Cheese Burrito*
American Sub
Taco Salad w/ Tortilla Chips

12

Orange Chicken & Rice
Italian Dunkers*
Ham & Cheese Sub
Chicken Caesar Salad & Breadstick

13

Crispy Chicken or Spicy Chicken Sandwich
Grilled Cheese Sandwich*
Corn Dog
Buffalo Chicken Salad & Breadstick

14

Happy Valentine's Day!

Pizza Day!
Cookie Day!

We offer fruits and vegetables daily on our Garden Bar for your selection with your lunch meal

17



19

President's Recess!!

20

21

We offer non fat white milk and 1% white milk with your meal. All breads are rich in whole grains.

24

Mini Cheeseburgers
Galaxy Cheese Pizza*
Corn Dog

25

Mac & Cheese w/ Breadstick*
Bean & Cheese Burrito*
American Sub
Taco Salad w/Tortilla Chips

26

Orange Chicken & Rice
Italian Dunkers*
Ham & Cheese Sub
Chicken Caesar Salad & Breadstick

27

Crispy Chicken or Spicy Chicken Sandwich
Grilled Cheese Sandwich*
Corn Dog
Buffalo Chicken Salad & Breadstick

28

Chicken Tenders & Biscuit
Cheese* or Pepperoni Pizza
Sun Butter & Jelly Sandwich w/String Cheese*
Yogurt, String Cheese, & Soft Baked Pretzel*

Pizza & Cookie Day is Friday February 14th!!

Menu is subject to change.

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% with 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
2-3 French Toast Pan Dulce	2-4 Breakfast Sausage Pizza Benefit Bar	2-5 Yogurt & Graham Crackers Zucchini, Banana or Cocoa Sliced Bread	2-6 Breakfast Sausage Pizza Cinnamon Bun	2-7 Waffle Sticks & Sausage Patty Apple Strudel Stick
2-10 Sausage & Cheese English Muffin Pan Dulce	2-11 Breakfast Sausage Pizza Benefit Bar	2-12 Pancakes Zucchini, Banana, or Chocolate Bread	2-13 Breakfast Sausage Pizza Cinnamon Bun	2-14 French Toast Sticks & Sausage Patty Apple Strudel Stick
2-17	2-18	2-19	2-20	2-21
2-24 Sausage & Cheese English Muffin Pan Dulce	2-25 Breakfast Sausage Pizza Benefit Bar	2-26 Pancakes Zucchini, Banana or Cocoa Sliced Bread	2-27 Breakfast Sausage Pizza Cinnamon Bun	2-28 French Toast Sticks & Sausage Patty Apple Strudel Stick
	We offer cereal or oatmeal daily with string cheese, graham crackers or sunflower seeds.		We offer fruit, juice and a variety of milk with your breakfast.	

Fresh Pick Recipe

KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.



.....Monday.....Tuesday.....Wednesday.....Thursday.....Friday.....
 ...Fresh Fruit.....Fresh Fruit.....Fresh Fruit.....Fresh Fruit.....Fresh Fruit...
 ...Raisins.....Raisins.....Raisins.....Raisins.....Raisins.....
 ...Mixed Fruit.....Applesauce.....Diced Peaches.....Mixed Fruit.....Diced Pears....
 ..Garden Salad.....Caesar Salad.....Garden Salad.....Caesar Salad.....Garden Salad...
 ..Baby Carrots.....Baby Carrots.....Cucumber Slices.....Baby Carrots.....Baby Carrots...
 ..Green Beans.....Black Beans.....Cherry Tomatoes.....Kidney Beans.....Cherry Tomatoes..
 ..Celery Sticks.....Green Peas.....Garbanzo Beans.....Corn.....Broccoli.....

Nutrition Information is available upon request.