



WILLIAM S HART

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** Low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection.

DECEMBER

MONDAY

MONDAY

TUESDAY

TUESDAY

WEDNESDAY

WEDNESDAY

THURSDAY

THURSDAY

FRIDAY

FRIDAY

-  LOCAL
-  CLEAN
-  FRESH
-  VEGETARIAN

We use menu identifiers in the café to help students recognize **Local, Clean, Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch.



National Nutrition Month: Bite Into A Healthy Lifestyle

Bite into a Healthy Lifestyle is the theme for National Nutrition Month March 2015. Sponsored by the Academy of Nutrition and Dietetics, the campaign is designed to bring awareness to the importance of making wise food choices and developing sound eating and physical activity habits. Habits are something we develop from the time we are young and sustain into our adult life. Making a new habit takes about 12 weeks to become a part of your daily lifestyle. Have you ever tried to change your daily eating habits?

First you might ask, "how did you form them in the first place?" Also, have those habits carried into your adulthood and now with your children? If you struggle with healthy eating today, it's not too late to make some changes. First you need to start

by learning more about a healthy diet. A good place to get started is with the FREE Choose My Plate resources located at www.choosemyplate.gov.

Next, create a plan. Consider planning your meals for the week or month. It does take some effort, but in the end it can save you money and time, while also helping you maintain a healthy weight. Planning can be work, so break it down into manageable steps. For example, you and your family may start by planning dinners then move to snacks and breakfast. Next, add in a plan for activity. Then commit to stick to your plan for at least 12 weeks. Before you know it, you will be starting new healthy habits and *Taking a Bite Into A Healthy Lifestyle*.



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

BREAKFAST

BEFORE SCHOOL

Benefit Bar
Cinnamon Bun
Muffin & Yogurt
Bagel w/Cream Cheese
Yogurt Parfait
Cereal w/choice of Sunflower Seeds, String Cheese, Graham Cracker

Milk, Juice, Cransins, Fruit Offered Daily

MONDAY: BREAKFAST WRAP

TUESDAY: FRENCH TOAST & SAUSAGE

WEDNESDAY: BREAKFAST PIZZA

THURSDAY: PANCAKES

FRIDAY: BREAKFAST SANDWICH

YOU MUST TAKE A FRUIT OR JUICE

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- 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 baked corn chips.

MARCH CELEBRATIONS

5TH--MARDI GRAS (FAT TUESDAY)
6TH--ASH WEDNESDAY
10TH--DAYLIGHT SAVINGS TIME BEGINS
20TH--SPRING EQUINOX
21ST--ABSOLUTELY INCREDIBLE KID DAY
30TH TAKE A WALK IN THE PARK DAY
31ST--CESAR CHAVEZ DAY



Nutrition Information is available upon request.

