

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Chicken Nuggets  
Mixed Fruit  
Mixed Squash  
1% White Milk

3

Chicken Pot Pie  
Banana  
Pinto Beans  
1% White Milk

4

Cheeseburger  
Diced Peaches  
Mashed Potatoes  
1% White Milk

5

Corn Dog  
Applesauce  
Steamed Broccoli  
1% White Milk

6

Cheese Pizza (v)  
Pineapple Tidbits  
Baby Carrots  
1% White Milk

9

Smothered Bean and Cheese Burrito  
(v)  
Pears  
Red Bell Pepper Strips  
1% White Milk

10

Beef and Cheese Nachos  
Mixed Fruit  
Cucumbers  
1% White Milk

11

Hamburger  
Cinnamon Apples  
Tater Tots  
1% White Milk

12

BBQ Chicken  
Diced Peaches  
Vegetarian Baked Beans  
1% White Milk

13

16

17

18

19

20

23

Penne Pasta (v)  
Orange  
Vegetarian Baked Beans  
1% White Milk

24

Chicken Enchiladas  
Pineapple Tidbits  
Green Beans  
1% White Milk

25

Cheeseburger  
Apple  
Baby Carrots  
1% White Milk

26

Mini Corn Dog  
Diced Pears  
Steamed Broccoli  
1% White Milk

27

Cheese Pizza (v)  
Mixed Fruit  
Corn  
1% White Milk

30

Popcorn Chicken  
Pineapple Tidbits  
Roasted Red Potatoes  
1% White Milk

31

Beef Soft Tacos  
Banana  
Citrus Glazed Carrots  
1% White Milk

## National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



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.liftoffplayground.com](http://www.liftoffplayground.com)

## Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

**Ruth Fertel** was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Chris' Steak House. Today, there are more than 80 Ruth Chris Steak House locations in the U.S. and overseas.

**Julia Child** was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

**Buwei Yang Chao** was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

**Alice Waters** is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

**Edna Lewis** was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Please look for these icons in your cafeteria.

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### BREAKFAST MENU

| MONDAY                                                      | TUESDAY                                                     | WEDNESDAY                                             | THURSDAY                                                   | FRIDAY                                   |
|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|------------------------------------------|
| Cinnamon Toast Crunch Cereal (v)<br>Apple<br>1% White Milk  | Sausage Breakfast Pizza<br>Orange<br>1% White Milk          | Chicken on a Biscuit<br>Orange Juice<br>1% White Milk | Mini Pancake Bites (v)<br>Banana<br>1% White Milk          | Breakfast Wrap<br>Apple<br>1% White Milk |
| Cinnamon Toast Crunch Cereal (v)<br>Orange<br>1% White Milk | Steak Fingers on a Biscuit<br>Orange Juice<br>1% White Milk | Sausage Biscuit<br>Banana<br>1% White Milk            | Sausage, Egg and Toast<br>Apple<br>1% White Milk           |                                          |
|                                                             |                                                             |                                                       |                                                            |                                          |
| Cinnamon Toast Crunch Cereal (v)<br>Apple<br>1% White Milk  | Sausage Breakfast Pizza<br>Orange<br>1% White Milk          | Chicken on a Biscuit<br>Orange Juice<br>1% White Milk | Double Berry Yogurt Parfait (v)<br>Banana<br>1% White Milk | Breakfast Wrap<br>Apple<br>1% White Milk |
| Cinnamon Toast Crunch Cereal (v)<br>Orange<br>1% White Milk | Steak Fingers on a Biscuit<br>Apple<br>1% White Milk        | Chicken on a Biscuit<br>Orange Juice<br>1% White Milk | Double Berry Yogurt Parfait (v)<br>Banana<br>1% White Milk | Breakfast Wrap<br>Apple<br>1% White Milk |

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