

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Popcorn Chicken
Diced Pears
Roasted Broccoli
1% White Milk

4

Beef and Cheese Nachos
Orange
Corn Confetti
1% White Milk

5

Hamburger
Cinnamon Apples
Tater Tots
1% White Milk

6

Orange Chicken
Diced Peaches
Vegetarian Baked Beans
1% White Milk

7

10

Chicken Nuggets
Mixed Fruit
Mixed Vegetable Blend (v)
1% White Milk

11

Chicken Nachos
Banana
Charro Beans
1% White Milk

12

Turkey and Cheese Sandwich
Applesauce
Baby Carrots
1% White Milk

13

Breaded Chicken Sandwich
Diced Peaches
Celery Sticks
1% White Milk

14

Cheese Pizza (v)
Diced Pears
Herb Roasted Carrots
1% White Milk

17

18

Chicken Enchilada
Pineapple Tidbits
Green Beans
1% White Milk

19

Cheeseburger
Apple
Sweet Potato Fries
1% White Milk

20

Cheese Lasagna Roll Up (v)
Orange
Steamed Broccoli
1% White Milk

21

Breaded Chicken Sandwich
Mixed Fruit
Corn
1% White Milk

24

Salisbury Steak
Pineapple Tidbits
Roasted Red Potatoes
1% White Milk

25

Beef Crunchy Tacos
Diced Pears
Cucumber Slices
1% White Milk

26

Sunbutter and Jelly Sandwich (v)
Mixed Fruit
Corn
1% White Milk

27

Beef Teriyaki Lo Mein
Banana
Celery Sticks
1% White Milk

28

Pepperoni Pizza
Applesauce
Steamed Broccoli
1% White Milk

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
Cinnamon Toast Crunch Cereal (v)	Biscuit with Sausage and Gravy	Breakfast Casserole	Peaches and Cream Parfait (v)	
Cinnamon Glazed French Toast (v)	Sausage Breakfast Pizza	Chicken on a Biscuit	Double Berry Yogurt Parfait (v)	Mini Pancake Bites (v)
	Cherry Frudel Stick (v)	Steak Fingers on a Biscuit	Trix Cereal (v)	Chicken on a Biscuit
Cinnamon Toast Crunch Cereal (v)	Biscuit with Sausage and Gravy	Breakfast Casserole	Peaches and Cream Parfait (v)	Breakfast Kolache

Fresh Pick Recipe

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



Please look for these icons in your cafeteria.