

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Baked Mac & Cheese
Chicken Patty on a Bun
Ham & Cheese Sandwich
Asian Chicken Salad w/pita
Bagel Boat
Steamed Broccoli
Fresh Fruit & Fruit Cup

2

Chicken Stir Fry
w/Brown Rice
Grilled Cheese
Ham & Cheese Sandwich
Asian Chicken Salad w/pita
Bagel Boat
Chinese Style Veggies
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

3

Big Daddy Pizza
Cheese or Pepperoni
Fish Sticks
Ham & Cheese Sandwich
Asian Chicken Salad w/pita
Bagel Boat
Baby Carrots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, Low Fat Chocolate

6

French Toast Sticks
w/Sausage Patty
Hamburger on a Bun
Chicken Salad Sandwich
Chicken Caesar Salad w/roll
Cereal Boat
Sweet Potato Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

7

Chicken Nuggets w/roll
Hot Dog on a Bun
Chicken Salad Sandwich
Chicken Caesar Salad w/roll
Cereal Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

8

Pasta & Meatballs
w/roll
Chicken Patty on a Bun
Chicken Salad Sandwich
Chicken Caesar Salad w/roll
Cereal Boat
Steamed Broccoli
Tossed Salad
Fresh Fruit & Fruit Cup

9

Crazy Nachos
Cheese Quesadilla
Chicken Salad Sandwich
Chicken Caesar Salad w/roll
Cereal Boat
Baked Beans
Steamed Rice
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

10

Hand Tossed Cheese Pizza
Fish Sticks
Chicken Salad Sandwich
Chicken Caesar Salad w/roll
Cereal Boat
Baby Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change

13

Cheese Quesadilla
Pretzel Burger
Chicken Caesar Wrap
Chef Salad w/roll
Cheese & Cracker Box
Baked Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

14

Popcorn Chicken Bowl
w/roll
Hot Dog on a Bun
Chicken Caesar Wrap
Chef Salad w/roll
Cheese & Cracker Box
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

15

Baked Ziti w/roll
Chicken Patty Sandwich
Chicken Caesar Wrap
Chef Salad w/roll
Cheese & Cracker Box
Steamed Carrots
Tossed Salad
Fresh Fruit & Fruit Cup

16

Roasted BBQ Chicken
w/roll
Grilled Cheese
Chicken Caesar Wrap
Chef Salad w/roll
Cheese & Cracker Box
Baked Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

17

Big Daddy's Pizza
Fish Sticks
Chicken Caesar Wrap
Chef Salad w/roll
Cheese & Cracker Box
Celery Sticks
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

20

Mozzarella Sticks
w/Marinara Sauce
Hamburger on a Bun
Italian Hoagie
Antipasto Salad w/roll
Pretzel Boat
Cross Trax Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

21

Chicken Tenders w/roll
Hot Dog on a Bun
Italian Hoagie
Antipasto Salad w/roll
Pretzel Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

22

Chicken Alfredo with Pasta
Chicken Patty Sandwich
Italian Hoagie
Antipasto Salad w/roll
Pretzel Boat
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

23

Chicken & Waffles
Cheese Quesadilla
Italian Hoagie
Antipasto Salad w/roll
Pretzel Boat
Vegetarian Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

24

French Bread Pizza
Cheese or Pepperoni
Fish Sticks
Italian Hoagie
Antipasto Salad w/roll
Pretzel Boat
Baby Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

27

Pancakes w/Sausage
Hamburger
Turkey & Cheese Sandwich
Crispy Chicken Salad
Yogurt Boat
Sweet Potato Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

28

Popcorn Chicken w/Dinner Roll
Hot Dog on a Bun
Turkey & Cheese Sandwich
Crispy Chicken Salad
Yogurt Boat
Baked French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

29

Cheese Ravioli w/roll
Chicken Patty Sandwich
Turkey & Cheese Sandwich
Crispy Chicken Salad
Yogurt Boat
Steamed Peas
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

30

Chicken Fajita Tacos
w/Rice
Grilled Cheese
Turkey & Cheese Sandwich
Crispy Chicken Salad
Yogurt Boat
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

31

Cheese or Pepperoni Pizza
Fish Sticks w/Tortilla Chips
Turkey & Cheese Sandwich
Crispy Chicken Salad
Yogurt Boat
Baby Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



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

liftoffsplayground.com

BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar
All Breakfast come with Fruit and Variety of Milk including Skim

MONDAY: Whole Grain Cereal with Graham Crackers

TUESDAY: Hot Mini Pancakes

WEDNESDAY: Hot Mini Cini's

THURSDAY: Hot Mini Waffles

FRIDAY: Whole Grain Muffin with Graham Crackers

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



Happy St. Patrick's Day

Our Future Chef Competition is March 18th at 10:30 located at TOIS and everyone is invited. Come support and sample some great creations by your fellow classmates!

Breakfast is an important part of our well being and available everyday to all students.

Free and Reduced meal applications can be filled out and updated throughout the school year at www.SchoolMealApp.com

If you have any questions with regards to the foodservices, please contact Jeff Hanaway at 732-531-5630 ext. 7091.

Any outstanding balances must be paid in a timely manner, failure to pay can and may result in the withholding of report cards and the suspension of benefits such as dances or after school activities.