

### MONDAY



### TUESDAY

**Breakfast Prices:**  
Full Paid: \$1.75  
Reduced: \$.40  
Milk: \$.50  
**Lunch Prices:**  
Full Paid: \$2.85  
Reduced: \$.40  
Milk: \$.50

### WEDNESDAY

### THURSDAY

### FRIDAY

1  
Jumbo Popcorn Chicken w/Roll  
BBQ Pork on a Roll  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Egg & Muffin Bento Box  
Vegetarian Refried Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

2  
Cheese Pizza  
Meatball Sub  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Egg & Muffin Bento Box  
Steamed Green Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

5  
Mozzarella Sticks w/Marinara Sauce  
Cheeseburger or Hamburger  
Italian Sub  
Grilled Chicken Salad  
Cereal Bag  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

6  
Chicken Sticks w/Breadstick  
Hotdog on a Bun  
Italian Sub  
Grilled Chicken Salad  
Cereal Bag  
Smile Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

7  
Pasta and Meatballs  
Chicken Patty Sandwich  
Italian Sub  
Grilled Chicken Salad  
Cereal Bag  
Steamed Broccoli  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

8  
Chicken & Waffles  
Cheese Quesadilla  
Italian Sub  
Grilled Chicken Salad  
Cereal Bag  
Vegetarian Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

9  
Big Daddy Pizza  
Grilled Cheese  
Italian Sub  
Grilled Chicken Salad  
Cereal Bag  
Green Pepper Strips  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

Menu subject to change.

12  
Maple Pancakes  
Cheeseburger or Hamburger  
Turkey & Cheese Sandwich  
Garden Salad w/cheese & Roll  
Yogurt Bag  
Sweet Potato Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

13  
Poppin Popcorn Chicken w/Roll  
Corn Dog  
Turkey & Cheese Sandwich  
Garden Salad w/cheese & Roll  
Yogurt Bag  
Baked French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

14  
BBQ Pork Sandwich  
Chicken Patty Sandwich  
Turkey & Cheese Sandwich  
Garden Salad w/cheese & Roll  
Yogurt Bag  
Broccoli Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

15  
Cheese Pizza  
Fish Sticks  
Turkey & Cheese Sandwich  
Garden Salad w/cheese & Roll  
Yogurt Bag  
Vegetarian Refried Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

16  
No School  
Teachers In Service

19  
Schools Closed  
Presidents Day

20  
Chicken in a Basket  
Hotdog & Cheese Sauce  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Waffle Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

21  
Macaroni & Cheese w/Breadstick  
Chicken Patty Sandwich  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Sautéed Spinach  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

22  
Pop Corn Chicken Stir-fry w/rice  
Cheeseburger or Hamburger  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Oriental Vegetables  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

23  
Big Daddy Pizza  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Celery Sticks w/Hummus Dip  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

Questions or concerns: Please email at [Jacqueline.wagner@sodexo.com](mailto:Jacqueline.wagner@sodexo.com)

26  
French Toast Sticks  
Cheeseburger or Hamburger  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Cinnamon Sweet Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

27  
Chicken Nuggets w/Breadstick  
Pretzel Melt with Ham & Cheese  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Potato Puffs  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

28  
Spaghetti & Meatballs w/Breadstick  
Chicken Patty Sandwich  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Broccoli Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup



## Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



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](http://liftoffsplayground.com)

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar  
Breakfast served with Milk and Fresh Fruit or Juice

**MONDAY:** Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Maple Pancakes

**WEDNESDAY:** Warm Whole Grain Mini Cini Pastry

**THURSDAY:** Hot Mini Berry Waffles

**FRIDAY:** Whole Grain Muffin and Graham Crackers

## Fresh Pick Recipe

### EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 2 teaspoons olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



Happy February 2018! comments or concerns with the Breakfast or Lunch Program please do not hesitate to call Jacqueline Wagner- Sodexo at 732-531-5630 ext. 7091 or at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com)

To add money to your child's lunch account go to: [www.schoolcafe.com](http://www.schoolcafe.com)