

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
Chicken Caesar Wrap
Chef Salad w/Roll
Egg & Muffin Bento Box
Vegetarian Refried Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

2

Cheese Pizza
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
Italian Sub
Grilled Chicken Salad
Cereal Bag
Glazed Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

6

Chicken Sticks w/Breadstick
Italian Sub
Grilled Chicken Salad
Cereal Bag
Smile Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

7

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

8

Hotdog on a Bun
Italian Sub
Grilled Chicken Salad
Cereal Bag
Vegetarian Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

9

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

Menu subject to change.

12

Maple Pancakes
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
Turkey & Cheese Sandwich
Garden Salad w/cheese & Roll
Yogurt Bag
Baked French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

14

Meatball Hoagies
Turkey & Cheese Sandwich
Garden Salad w/cheese & Roll
Yogurt Bag
Broccoli Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15

Cheese Pizza
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
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
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Sautéed Spinach
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

22

Cheeseburger or Hamburger
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Three Bean Salad
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

26

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

27

Chicken Nuggets w/Breadstick
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Potato Puffs
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

28

Spaghetti & Meatballs w/Breadstick
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

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 Cinis 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

To add money to your child's lunch account go to: www.schoolcafe.com