

#### MONDAY

##### Breakfast Prices:

Full Paid: \$1.75  
Reduced: \$.40  
Milk: \$.50

##### Lunch Prices:

Full Paid: \$2.85  
Reduced: \$.40  
Milk: \$.50

#### TUESDAY



#### WEDNESDAY



#### THURSDAY

#### FRIDAY

1

Big Daddy's Pizza  
Cheese or Pepperoni(Pork)  
Fish Sticks  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Steamed Green Peas

Peanut Butter & Jelly available

4

Cheese Quesadilla & Salsa  
Cheeseburger or Hamburger  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Steamed Carrot Coins

5

Crispy Chicken Sticks with Dinner Roll  
Hot Dog (Beef) on a Bun  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Mashed Potatoes

6

Homemade Baked Ziti served with  
Garlic Breadstick  
Chicken Patty Sandwich  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Sautéed Spinach

7

Big Daddy Cheese Pizza  
Fish Sticks  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Seasoned Green Beans

8

No School for Students  
In-service for Teachers

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

11

Mozzarella Sticks & Marinara Sauce  
Cheeseburger or Hamburger  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Bag  
Baby Carrots & Dip

12

Chicken Tenders with Dinner Roll  
Hotdog (Beef) on a Bun  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Bag  
Tater Tots

13

**CHINESE TAKE OUT**  
Sweet & Sour Chicken with  
Brown Rice  
Chicken Patty Sandwich  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Bag  
Steamed Broccoli

14

Baked Chicken Nuggets  
Grilled Cheese  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Bag  
Southwest Black Beans

15

Cheese Pizza Slice  
Fish Sticks  
Italian Sub  
Grilled Chicken Salad with Roll  
Pretzel Bag  
Cucumber Coins

All Nutritionals on the SO HAPPY APP

18

##### BREAKFAST FOR LUNCH

French Toast Sticks  
Cheeseburger or Hamburger  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Sweet Potato Wedges

19

Poppin' Popcorn Chicken served with  
a Dinner Roll  
Hotdog (Beef) on a Bun  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Baked French Fries

20

Rotini Pasta with Italian Meatsauce  
served with a Garlic Breadstick  
Chicken Patty Sandwich  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Sautéed Spinach

21

Nachos Supreme  
Grilled Cheese  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Vegetarian Refried Beans

22

Cheese or Pepperoni (Pork) Pizza  
Fish Sticks  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Cucumber Coins

25

Cheesy Stuffed Breadsticks  
Cheeseburger or Hamburger  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Citrus Glazed Carrots

26

Roasted Chicken in a Basket  
served with a Buttermilk Biscuit  
Hot Dog (Beef) on a Bun  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Waffle Fries

27

Old Fashioned Mac & Cheese  
served with a Dinner Roll  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Steamed Broccoli

28

Twin Tacos (Turkey Meat)  
served with Cheese, Lettuce &  
Tomato  
Grilled Cheese  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Mexican Black Beans

29

Cheese Pizza Slice  
Fish Sticks  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Seasoned Green Beans

Menu Subject to Change

This institution is an equal opportunity provider.



## 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](http://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.

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

### BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Reduced Fat Milk

#### MONDAY:

Whole Grain Cereal and Graham Crackers

#### TUESDAY:

Hot Mini Maple Pancakes

#### WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

#### THURSDAY:

Eggo Waffles

#### FRIDAY:

Whole Grain Muffin and Graham Crackers

### Fresh Pick Recipe

COLCANNON  
(SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper

1. Wash green onions and slice very thin on bias.
2. Wash parsley and chop.
3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
7. Blend cabbage and potatoe and place in a steamtable pan. Garnish with chopped parsley.

**NUTRITION FACTS:**  
52 calories, .73g fat,  
56mg sodium, 1.25g fiber



Happy March! Any concerns and comments please call the Café Office at 732-531-5630 ext 7090 or [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)

Nutrition Information is available upon request.