

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

Cheese Pizza
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Tossed Garden Salad

4

Cheeseburger or Hamburger
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Sweet Potato Wedge

5

Crispy Chicken Sticks with Dinner Roll
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Mashed Potatoes

6

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

7

Big Daddy Cheese Pizza
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
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Bag
Baby Carrots & Dip

12

Chicken Tenders with Dinner Roll
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Bag
Tater Tots

13

Chicken Patty Sandwich
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Bag
Steamed Broccoli

14

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

15

Cheese Pizza
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Bag
Tossed Mixed Green Salad

All Nutritionals on the SO HAPPY APP

18

BREAKFAST FOR LUNCH
French Toast Sticks
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sweet Potato Wedges

19

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
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sautéed Spinach

21

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

22

Cheese Pizza
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Tossed Mixed Green Salad

25

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

26

Roasted Chicken in a Basket
served with a Buttermilk Biscuit
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Waffle Fries

27

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

28

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

29

Cheese Pizza Slice
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.



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

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:

Flavored Benefit Bar

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

Nutrition Information is available upon request.