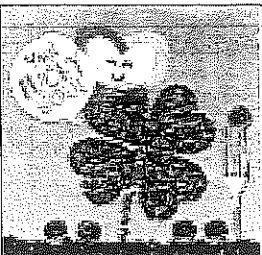
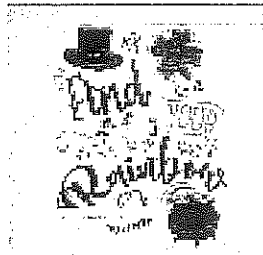


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hot Dog Baked Beans Turkey & Cheese Wrap Fruit, Veggie & Milk	2 Green Eggs & Ham w/ Cinn. Roll Broccoli & Carrots Roasted Fruit & Yogurt to go Box Fruit, Veggie & Milk  DR. SUESS DAY!	3 Cheeseburger Fries Turkey Sandwich Fruit, Veggie & milk <i>Fish Stick</i>

Daily offerings of fresh fruit and vegetables from our salad bar

6 Cheese or Pepperoni Pizza Seasoned Corn Heated Combo Sub Fruit, Veggie & Milk	7 Chicken Tenders w/ Biscuit Smiley Fries Pizza Bento Box Fruit, Veggie & Milk	8 Soft Chicken Taco Refried Beans Combo Sub Fruit, Veggie & Milk	9 Chicken Gravy w/ Mashed Potato & Roll Pizza Bento Box Fruit, Veggie & Milk	10 NO SCHOOL
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13 Cheese or Pepperoni Pizza Carrots Seasoned & Roasted Italian Sub Fruit, Veggie & Milk	14 Grilled Cheese w/ Tomato Soup Pretzel w/ Cheese Sauce Fruit, Veggie & Milk	15 LUCKY TRAY DAY! Orange Chicken w/ Rice Broccoli & Carrots Steamed Italian Sub Fruit, veggie, and Milk	16 Crispy Chicken Sandwich Tots Pretzel w/ Cheese Sauce Fruit, Veggie & Milk	17 NO SCHOOL
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Come eat with us on Lucky Tray day, one student from each grade will have the opportunity to win a prize

20 Cheese or Pepperoni Pizza Broccoli Seasoned Heated Ham & Cheese Sub Fruit, Veggie & Milk	21 Corn Dog Smiley Fries Combo Bento Box Fruit, Veggie Milk	22 Chili & Cinnamon Roll w/ Pinto Beans Ham and Cheese Sub Fruit, Veggie & Milk	23 Baked Penne Pasta Green Beans Heated Combo Bento Box Fruit, Veggie & Milk	24 Cheese Nachos Corn Heated & Seasoned Ham & Cheese Sub Fruit, Veggie & Milk  Birthday Month Sweet Treat!
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Every Month we will celebrate all birthdays for the month with a sweet treat!

27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL
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## National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, U.S. Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



Values are based on serving sizes. For more information, visit: [www.fda.gov/oc/ohrt/ohrt.html](http://www.fda.gov/oc/ohrt/ohrt.html)

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3/1/23 Breakfast Pizza Mini Chocolate Donuts Juice, Fruit & Milk	3/2/23 Yogurt & Graham Cracker Pop Tart Juice, Fruit & Milk	3/3/23 Biscuit & Egg Sandwich Cereal Juice, Fruit & Milk
3/6/23 French Toast Cereal Juice, Fruit & Milk	3/7/23 Waffles Pop Tart Juice, Fruit & Milk	3/8/23 Breakfast Pizza Uber Bar Juice, Fruit & Milk	3/9/23 Blueberry Muffin Pop Tart Juice, Fruit & Milk	3/10/23 NO SCHOOL
2/13/23 Apple Strudel Stick Cereal Fruit, Juice & Milk	3/14/23 Biscuit w/ Jelly Pop Tart Juice, Fruit & Milk	3/15/23 Breakfast Pizza Chocolate Donuts Juice, Fruit & Milk	3/16/23 Pancake on a stick Pop Tart Juice, Fruit & Milk	3/17/23 NO SCHOOL
3/20/23 French Toast Cereal Juice, Fruit & Milk	3/21/23 Waffles Pop Tart Juice, Fruit & Milk	3/22/23 Breakfast Pizza Oatmeal Uber Bar Juice, Fruit & Milk	3/23/23 Banana Muffin Pop Tart Juice, Fruit & Milk	3/24/23 Mini Bagels Cereal Juice, Fruit & Milk
3/27/23 NO SCHOOL	3/28/23 NO SCHOOL	3/29/23 NO SCHOOL	3/30/23 NO SCHOOL	3/31/23 NO SCHOOL

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 1/2 tsp olive oil
- 2 medium (small) onion
- 1/2 c celery (sliced thin)
- 2 carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 1/2 c apple juice (seeded/hearted dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (chopped)

1. Prepare ingredients as directed.
2. In a medium saucepan sauté onion and celery in the olive oil for 2 minutes until tender.
3. Add 2 Tbsp water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apple, honey and orange juice to the carrots and sauté for 10 minutes.
5. Combine the remaining water with the remaining 2 Tbsp water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 5 minutes. Garnish with parsley and serve.