

February

Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% within a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST MENU

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

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

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

MONDAY



TUESDAY



WEDNESDAY

1

Baked Penne Pasta w/ Breadstick
American Combo Sub Sandwich
Fruit, Veggie & Milk

THURSDAY

2

Chicken Gravy & Potatoes
Roll
Crispy Chicken Salad
Fruit, Veggie & Milk

FRIDAY

3

Chili Frito Pie
Roasted Broccoli & Carrots
American Combo Sandwich
Fruit, Veggie & milk

Daily offerings of fresh fruit and vegetables from our salad bar

6

Cheese or Pepperoni Pizza
Heated Seasoned Carrots
Turkey Ham & Cheese Sandwich
Fruit, Veggie & Milk

7

Grilled Cheese Sandwich
Tomato Soup
Seasoned Heated Corn
Combo Bento Box
Fruit, Veggie & Milk

8

Hot Dog
Baked Beans
Turkey Ham & Cheese Sub
Fruit, Veggie & Milk

9

Chicken Tenders w/ Biscuit
Green Beans seasoned Heated
Combo Bento Box
Fruit, Veggie & Milk

10

Cheeseburger
Tater Tots
Turkey ham & Cheese Sub
Fruit, Veggie & Milk

13

Cheese or Pepperoni Pizza
Broccoli Seasoned & Roasted
Italian Sub Sandwich

14

Crispy Chicken Sandwich
French Fries
Pretzel w/ Cheese Sauce
Fruit, Veggie & Milk

15

LUCKY TRAY DAY!
Cheese Nachos
Refried Beans
Italian Sub Sandwich
Fruit, veggie, and Milk

16

Com Dog
Fries
Pretzel w/ Cheese Sauce
Fruit, Veggie & Milk

17

NO SCHOOL

Come eat with us on Lucky Tray day, one student from each grade will have the opportunity to win a prize

20

NO SCHOOL

21

BBQ Pulled Pork Sandwich
French Fries
Pizza Bento Box
Fruit, Veggie & Milk

22

Macaroni & Cheese w/ Breadstick
Peas Seasoned & Heated
Turkey and Cheese Sandwich
Fruit, Veggie & Milk

23

Mozzarella Stuff Breadstick
Roasted Broccoli & Carrots
Pizza Bento Box
Fruit, Veggie & Milk

24

Chicken & Waffles
Tater Tots
Turkey & Cheese Sub
Fruit, Veggie & Milk
Birthday Month Sweet Treat!

Every Month we will celebrate all birthdays for the month with a sweet treat!

27

Cheese or Pepperoni Pizza
Carrots Seasoned & Heated
Turkey & Cheese Wrap
Fruit, Veggie & Milk

28

French Toast w/ Omelet
Hash Browns
Fruit & Yo To Go Box
Fruit Veggie & Milk

