

Elementary



2

9

MOND-/

TUESDAY

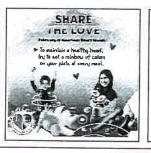
WEDNESDAY

THURSDAY

FRIDAY







Chicken Alfredo w/ Breadstick Steamed Com Crispy Chicken Salad Fruit, Veggie & Milk

Cheese or Pepperoni Pizza Steamed Pea's Italian Sub Fruit, Veggie & milk

Daily offerings of fresh fruit and vegetables from our salad bar

5

Com Dog Green Beans Turkey and Cheese Sub Fruit, Veggie & Milk

6

Chicken & Waffles Potato Tots Ham and cheese Sub Fruit, Veggie & Milk

Cheese or Pepperoni Pizza Steamed Pea's Chef Salad with a roll Fruit, Veggie & Milk

Grilled Cheese Tomato Soup Ham & Cheese Sand. Fruit, Veggie & Milk

Drumstick & Biscuit Mashed Potato Sun Butter or Peanut Butter sandwich Fruit, Veggie & Milk

12

Hot Dog Steamed Com Pizza bento Box Fruit, Veggie & Milk 13

Walking Tacos Black Beans Combo Sub Fruit, Veggie & Milk 14

7

Cheese or Pepperoni Pizza Steamed Pea's Italian Sub Fruit, veggie, and Milk Valentines Sweet Treat

15

8

Chicken Nuggets w/ Roll Sweet Potato Fries Pizza Bento box Fruit, Veggie & Milk

16

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Cheeseburger Green Beans Italian Sub Fruit, Veggie & Milk

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

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

NEINENE DE L'ONTRE L'ANTION

NO SCHOOL

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

26

NO SCHOOL

27

Chicken Tenders w/ Roll Roasted Potato Fruit & Yo To Go Box Fruit Veggie & Milk

28

Cheese or Pepperoni Pizza Steamed Pea's Turkey Sub Fruit, Veggie & Milk

29

Mac. & Cheese Steamed Corn Fruit and Yogurt to go box Fruit, Veggie & Milk

This institution is an equal opportunity provider.

NUTRITION ACHIEVEMENT ENVIRONMENT COMMUNITY ACTIVIT'

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 chockfull 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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TUTRITION ACHIEVEMENT ENVIRONMENT COMMUNITY ACTIVIT

BREAKFAST MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2/1/24 Yogurt Parfait Pancake Juice, Fruit & Milk	2/2/24 Biscuit & Gravy Cereal with cheese stick Juice, Fruit & Milk
2/5/24 English Muffin Sandwich Donuts Juice, Fruit & Milk	2/6/24 French Toast Cereal with cheese stick Juice, Fruit & Milk	2/7/24 Breakfast Pizza Poptart With Cheese Stick Juice, Fruit & Milk	2/8/24 Blueberry Bread Waffle Breakfast Sandwich Juice, Fruit & Milk	2/9/24 Apple Strudel Pancake on a stick Juice, Fruit & Milk
2/12/24 Bagel Breakfast Sandwich Cereal With Cheese Stick Juice, Fruit & Milk	2/13/24 Biscuit w/ Jelly Scone Juice, Fruit & Milk	2/14/24 Breakfast Bar Donuts Juice, Fruit & Milk	2/15/24 Yogurt Parfait Pancake Juice, Fruit & Milk	2/16/24 Breakfast Tacos Cereal with cheese stick Juice, Fruit & Milk
2/19/24 NO SCHOOL	2/20/24 NO SCHOOL	2/23/24 NO SCHOOL	2/24/24 NO SCHOOL	2/25/24 NO SCHOOL
2/26/24 NO SCHOOL	2/27/24 Breakfast Sandwich Cereal With Cheese stick Juice, Fruit & Milk	2/28/24 Bagel With Cream Cheese Waffle Juice, Fruit & Milk	2/29/24 Breakfast Burrito Pumpkin Bread Juice, Fruit & Milk	

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tosp alive ail
- 1/2 conion (small dice)
- 1/2 c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tosp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp comstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)
- 1. Prepare ingredients as directed.
- In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
- Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
- Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
- Combine the cornstarch with the remaining 2 T water and add to the pan.
- 6. Add salt and pepper to taste,
- Bring to a medium boil and then simmer for 2 minutes. Gamish with parsley and serve.

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Nutrition Information is available upon request.

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