

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1  
Chicken Alfredo  
w/ Breadstick  
Steamed Corn  
Crispy Chicken Salad  
Fruit, Veggie & Milk

2  
Cheese or Pepperoni Pizza  
Steamed Pea's  
Italian Sub  
Fruit, Veggie & milk

Daily offerings of fresh fruit and vegetables from our salad bar

5  
Corn Dog  
Green Beans  
Turkey and Cheese Sub  
Fruit, Veggie & Milk

6  
Chicken & Waffles  
Potato Tots  
Ham and cheese Sub  
Fruit, Veggie & Milk

7  
Cheese or Pepperoni Pizza  
Steamed Pea's  
Chef Salad with a roll  
Fruit, Veggie & Milk

8  
Grilled Cheese  
Tomato Soup  
Ham & Cheese Sand.  
Fruit, Veggie & Milk

9  
Drumstick & Biscuit  
Mashed Potato  
Sun Butter or Peanut Butter sandwich  
Fruit, Veggie & Milk

12  
Hot Dog  
Steamed Corn  
Pizza bento Box  
Fruit, Veggie & Milk

13  
Walking Tacos  
Black Beans  
Combo Sub  
Fruit, Veggie & Milk

14  
Cheese or Pepperoni Pizza  
Steamed Pea's  
Italian Sub  
Fruit, veggie, and Milk  
Valentines Sweet Treat

15  
Chicken Nuggets w/ Roll  
Sweet Potato Fries  
Pizza Bento box  
Fruit, Veggie & Milk

16  
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  
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

## 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.

liftoffsplayground.com

### 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 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.