

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

ENTREE CHOICE
Spaghetti w/ Meat Sauce
WGR Dinner Roll
CHOOSE 2 SIDES:
Steamed Broccoli
Pineapple Chunks

3

ENTREE CHOICE
Chicken Patty Sandwich
CHOOSE 2 SIDES:
Baked Beans
Chilled Applesauce

4

ENTREE CHOICE
Ham & Cheese Melt
CHOOSE 2 SIDES:
Steamed Green Beans
Chilled Peaches

5

ENTREE CHOICE
Hamburger on Bun
CHOOSE 2 SIDES:
Tater Tots
Mixed Fruit

6

ENTREE CHOICE
Pizza Day
CHOOSE 2 SIDES:
Steamed Carrots
Dr. Suess Cake
Assorted 100% Juice

Daily Options: PBJ and Assorted Milk

9

ENTREE CHOICE
Chicken & Rice
CHOOSE 2 SIDES:
Steamed Green Beans
Pineapple Chunks

10

ENTREE CHOICE
Popcorn Chicken
WGR Dinner Roll
CHOOSE 2 SIDES:
Steamed Corn
Mixed Fruit

11

ENTREE CHOICE
Cheeseburger on Bun
CHOOSE 2 SIDES:
Smile Fries
Chilled Peaches

12

ENTREE CHOICE
Mac & Cheese
WGR Dinner Roll
CHOOSE 2 SIDES:
Steamed Broccoli
Fresh Banana

13

NO SCHOOL
PLANNING DAY

Daily Options: PBJ and Assorted Milk

16

NO SCHOOL
SPRING BREAK

17

NO SCHOOL
SPRING BREAK

18

NO SCHOOL
SPRING BREAK

19

NO SCHOOL
SPRING BREAK

20

NO SCHOOL
SPRING BREAK

Daily Options: PBJ and Assorted Milk

23

Breakfast for Lunch
ENTREE CHOICE
French Toast Sticks
Sausage Patty
CHOOSE 2 SIDES:
Tater Tots
Mixed Fruit

24

ENTREE CHOICE
Chicken Nuggets
WGR Dinner Roll
CHOOSE 2 SIDES:
Steamed Peas
Pineapple Chunks

25

ENTREE CHOICE
Mini Corndogs
CHOOSE 2 SIDES:
Baked Beans
Chilled Peaches

26

ENTREE CHOICE
Bean & Cheese Burrito
CHOOSE 2 SIDES:
Steamed Broccoli
Fresh Banana

27

ENTREE CHOICE
Pizza Day
CHOOSE 2 SIDES:
Steamed Carrots
Assorted 100% Juice

Daily Options: PBJ and Assorted Milk

30

ENTREE CHOICE
Spaghetti w/ Meat Sauce
WGR Dinner Roll
CHOOSE 2 SIDES:
Steamed Broccoli
Pineapple Chunks

31

ENTREE CHOICE
Chicken Patty Sandwich
CHOOSE 2 SIDES:
Baked Beans
Chilled Applesauce

MENU PRICES FOR ELEMENTARY:
Breakfast: \$1.05
Lunch: \$2.60
Adults: \$3.25

*****MENU SUBJECT TO CHANGE!*****

Daily Options: PBJ and Assorted Milk

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US 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.



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

liftoffisplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Biscuit FRUIT CHOICES: Pineapple Chunks	Pancakes FRUIT CHOICES: Chilled Applesauce	Egg Patty w/ Cheesy Grits FRUIT CHOICES: Chilled Peaches	Chicken Biscuit FRUIT CHOICES: Fresh Banana	Green Eggs & Ham Buttered Toast FRUIT CHOICES: Orange Slices
Sausage Biscuit FRUIT CHOICES: Pineapple Chunks	Assorted Muffins FRUIT CHOICES: Mixed Fruit	Egg Patty w/ Cheesy Grits FRUIT CHOICES: Chilled Peaches	Pancake on Stick FRUIT CHOICES: Chilled Applesauce	NO SCHOOL PLANNING DAY
NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK
Sausage Biscuit FRUIT CHOICES: Mixed Fruit	Assorted Breakfast Bread Slices FRUIT CHOICES: Pineapple Chunks	Egg Patty w/ Cheesy Grits FRUIT CHOICES: Chilled Peaches	Oatmeal FRUIT CHOICES: Mixed Fruit	Yogurt & Buttered Toast FRUIT CHOICES: Chilled Blueberries
Sausage Biscuit & Gravy FRUIT CHOICES: Pineapple Chunks	Pancakes FRUIT CHOICES: Chilled Applesauce		NATIONAL SCHOOL BREAKFAST WEEK MARCH 2-6, 2020 SCHOOL BREAK- FAST OUT OF THIS WORLD	

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



Nutrition Information is available upon request.

