

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2**

**National School Breakfast Week**  
Cat in the Hat Waffles w/Strawberries  
**Lunch: National Dr. Seuss Day!**  
**Green Eggs & Ham w/Toast**  
WG Baked Corn Dog  
Turkey & Cheese Sandwich  
Chef Salad with WG Roll  
**1 Fish 2 Fish Red Fish for YOU Fish**

**3**

**National School Breakfast Week**  
Sausage Breakfast Pizza  
**Lunch:**  
Bean & Cheese Burrito  
Pepperoni or Cheese Pizza  
Italian Sub  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**4**

**National School Breakfast Week**  
Yogurt w/ Graham Cracker  
**Lunch:**  
Hot Dog on WG Bun  
Chicken Nuggets w/WG Roll  
Ham & Cheese Sandwich  
Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**5**

**National School Breakfast Week**  
Hot Ham and Cheese Muffin  
**Lunch:**  
Grilled Cheese with Tomato Soup  
Chicken Ranch or Cheese Pizza  
Egg Salad Sub  
Poppin' Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**6**

**National School Breakfast Week**  
WG Cinnamon Roll  
**Lunch:**  
Loaded Bacon & Cheese Fries  
Cheeseburger or Hamburger  
Combo Munchable  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

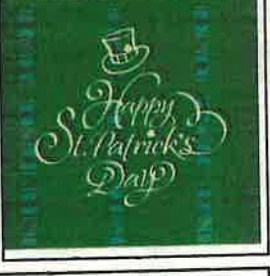
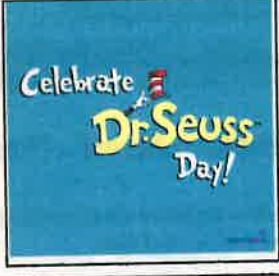
Ready or Not, Daylight Savings is Coming! Don't Worry, We're Ready for You! Check out our March 9th's Overslept Menu!

**9**

**Breakfast:**  
Build Your Own YoBowl  
**Lunch: One Day Fun Day!**  
**New: Overslept**  
Choice of:  
Pancakes or Waffles and Scrambled Eggs and Sausage with Tater Tots  
or  
Ham & Cheese Sandwich

**10**

**Breakfast:**  
Bagel w/Cream Cheese  
**Lunch:**  
Chili & Chips  
Pepperoni or Cheese Pizza  
Tuna Salad Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*



March Madness Lunch Bracket Week - March 16th to 20th - Each Day Vote for Your Favorite Match Up!

**16**

**Breakfast:**  
Yogurt w/ Graham Cracker  
**Lunch:**  
Bean & Cheese Enchilada  
Chicken Burger  
American Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**17**

**Breakfast:**  
Blueberry Overnight Oats  
**Lunch: St. Patrick's Day**  
Golden Baked Corn Dog  
Pot of Gold Pepperoni or Cheese Pizza  
4 Leaf Clover Chicken Salad Sub  
Patty's Peppi Pizza Salad w/WG Roll  
**Green & Gold Salad Bar!!!**

**18**

**Breakfast:**  
Scrambled Egg and Toast  
**Lunch:**  
Hot Ham & Cheese Sandwich  
Walking Nachos  
Seed/Nut Butter & Jelly Sandwich  
Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**19**

**Breakfast:**  
Blueberry Bagel w/Cream Cheese  
**Lunch:**  
Marinara Meatball Sub  
Sausage or Cheese Pizza  
Tuna Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*  
**Animal Eraser Day!**

**20**

**Breakfast:**  
WG Cinnamon Roll  
**Lunch:**  
Golden Chicken & Waffles  
Sloppy Joe on WG Bun  
Deli Stackable Box  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**23**

SPRING BREAK!

**24**

SPRING BREAK!

**25**

SPRING BREAK!

**26**

SPRING BREAK!

**27**

SPRING BREAK!



**BREAKFAST INCLUDES:**  
CHOICE OF DAILY ENTREE  
OR HOT OR COLD CEREAL  
WITH TOAST OR CHEESE STICK  
OR BAGEL & CREAM CHEESE OR  
YOGURT & GRAHAM CRACKERS  
AND VARIETY OF  
FRUITS AND 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.

[www.kidstakeground.com](http://www.kidstakeground.com)

## Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

**Ruth Fertel** was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Chris' Steak House. Today, there are more than 80 Ruth Chris Steak House locations in the U.S. and overseas.

**Julia Child** was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

**Buwei Yang Chao** was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

**Alice Waters** is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

**Edna Lewis** was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 2 teaspoons olive oil
  - 2 cups spinach or chard leaves
  - pepper (freshly milled)
  - 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives
1. In a small nonstick skillet, heat one teaspoon of oil.
  2. Add the spinach or chard, and cook until it's wilted.
  3. Season with salt and pepper, then move to a plate.
  4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
  5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



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### SCHOOL MEAL PRICES:

**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$1.50 MS: \$1.75 HS: \$1.75**

**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$2.50 MS: \$3.00 HS: \$3.25**

**Adult Breakfast \$2.60 Adult Lunch \$3.75**

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH**

**PURCHASE SCHOOL MEALS!**

Looking for work while your child is at school? Give us a call 503-759-7478.

Nutrition Information is available upon request.

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