

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:
Fruit & Yogurt Parfait

Lunch:
Beef & Cheese Nachos
Chicken Burger
Ham & Cheese Sandwich
Hummus Snack Pack
Includes Fruits, Vegetables & Milk

4

Breakfast:
Biscuits & Gravy

Lunch: National Tot Tuesday!
Chicken Pot Pie & Tots
Pepperoni or Cheese Pizza & Tots
Tuna Sub & Tots
Peppi Pizza Salad w/WG Roll & Tots
Includes Fruits, Vegetables & Milk

5

Breakfast:
Ham & Cheese Muffin Sandwich

Lunch:
Cheesy Breadsticks w/Marinara
Chicken Nuggets w/WG Roll
Combo Munchable
Beef Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

6

Breakfast:
Mini Maple Waffles

Lunch:
BBQ Pork on a Bun
Taco or Cheese Pizza
Italian Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

7

Breakfast:
Warm Pancake Bites

Lunch:
Chicken Soft Taco
Cheeseburger or Hamburger
Seed/Nut Butter & Jelly Sandwich
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

10

Breakfast:
French Toast Sticks

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

11

Breakfast:
Sausage Breakfast Pizza

Lunch:
WG Baked Corn Dog
Pepperoni or Cheese Pizza
Chicken Salad Sub
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

12

Breakfast:
Scrambled Eggs & Toast

Lunch:
Turkey Gravy over Mashed Potatoes with WG Roll
Chicken Nuggets w/WG Roll
Seed/Nut Butter & Jelly Sandwich
Beef Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

13

Breakfast:
Blueberry Bagel with Cream Cheese

Lunch:
Breakfast for Lunch:
Pancakes & Sausage
Sausage or Cheese Pizza
Tuna Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

14

Breakfast:
WG Cinnamon Roll

Lunch: Valentine's Day!
Melt Your Heart Grilled Cheese w/Tomato Soup
Smitten Sloppy Joe
Tender-hearted Turkey & Cheese
Charming Chicken Caesar Salad w/WG Roll
Be Mine Cookle



No School

18

Breakfast:
Apple Frudel

Lunch:
Korean BBQ Meatballs over Rice
Pepperoni or Cheese Pizza
Italian Sub
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

19

Breakfast:
Egg & Cheese Muffin Sandwich

Lunch:
Bean & Cheese Nachos
Chicken Nuggets w/WG Roll
Ham & Cheese Sandwich
Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

20

Breakfast:
Pancakes w/Syrup

Lunch: One Day Fun Day!
New: Chopsticks
Choice of: Teriyaki Beef or Sweet & Sour Chicken w/ Rice
Roasted Pineapple Vegetables or Poppin' Chicken Salad w/WG Roll

21

Breakfast:
Homemade Banana Muffin Top

Lunch:
Hearty Mac & Cheese
Cheeseburger or Hamburger
Combo Munchable
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

24

Breakfast:
Sausage Breakfast Pizza

Lunch:
Chicken & Waffles
Chicken Burger
American Sandwich
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

25

Breakfast:
Warm Pancake Bites

Lunch:
Fish Po Boy Sandwich
Pepperoni or Cheese Pizza
Chicken Salad Sub
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

26

Breakfast:
Sausage & Cheese Biscuit Sandwich

Lunch:
Cheesy Breadsticks with Marinara
Chicken Nuggets w/WG Roll
Seed/Nut Butter & Jelly Sandwich
Beef Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

27

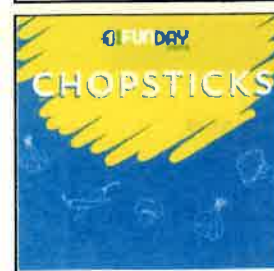
Breakfast:
Fruit & Yogurt Parfait

Lunch:
Orange Chicken over Rice
Hawaiian or Cheese Pizza
Tuna Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

28

Breakfast:
French Toast

Lunch: National Chili Day!
New: Chill & Cinnamon Roll
Cheeseburger or Hamburger
Ham & Cheese Sandwich
Lift-Off Salad w/WG Roll
Includes Fruits, Vegetables & Milk



CHOPSTICKS



Happy Valentine's Day
FEBRUARY 14



TATER TOT

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 CHILI DAY

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% with 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.

shuffleground.com

Be Active for American Heart Month

It's Heart Month and a perfect time to create a plan of daily exercise for yourself and your kids. Physical activity is good for children's bodies. It promotes growth and development and should be encouraged throughout the day for younger children (ages 3 to 5). At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles, build endurance and maintain a healthy weight. There's mounting evidence that moderate to vigorous physical activity also helps boost children's critical thinking skills, grade point averages and standardized test scores.

Plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This amount of time can be done at once or accumulated with shorter chunks throughout the day. Try to select activities your kids enjoy. Consider jumping rope, playing hopscotch, throwing a frisbee, walking the dog, jogging, bike riding, etc. The key is to have fun so that activity becomes associated with positive experiences. Remember to also praise, reward and encourage your kids' physical activity by providing the equipment and inspiration they need.

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

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.



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

INVEST IN YOUR STUDENT'S LONG TERM HEALTH PURCHASE SCHOOL MEALS!

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

Nutrition Information is available upon request.