

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2**

A. Breaded Chicken Tenders & Dutch Waffle  
 B. EZ Breakfast Box  
 C. Turkey & Cheese Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Sweet Potato Fries  
 Assorted Fruit  
 Milk

**3**

A. Beef & Cheese Nachos  
 B. EZ Pizza Box  
 C. Chef Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Black Beans  
 Assorted Fruit  
 Milk

**4**

A. Breaded Chicken Drumstick w/ Biscuit  
 B. EZ Hummus Box  
 C. Turkey & Cheese Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Mashed Potatoes w/ Gravy  
 Assorted Fruit  
 Milk

**5**

A. Chicken Nuggets w/ Roll  
 B. Strawberry Fields Parfait  
 C. Chef Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Green Beans  
 Assorted Fruit  
 Milk

**6**

A. Big Daddy Cheese Pizza  
 B. Yogurt Bagel Box  
 C. Turkey & Cheese Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Broccoli  
 Assorted Fruit  
 Milk

**9**

A. Mini Chicken Corn Dogs  
 B. EZ Breakfast Box  
 C. American Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Baked Tater Tots  
 Assorted Fruit  
 Milk

**10**

A. Bosco Cheesy Breadsticks w/ Marinara Dipping Cup  
 B. EZ Pizza Box  
 C. Taco Salad w/ Tortilla Chips  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Green Beans  
 Assorted Fruit  
 Milk

**11**

A. General Tso Chicken w/ Brown Rice  
 B. EZ Hummus Box  
 C. American Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Broccoli & Carrots  
 Assorted Fruit  
 Milk

**12**

A. Beef Hot Dog on Bun  
 B. Strawberry Fields Parfait  
 C. Taco Salad w/ Tortilla Chips  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Vegetarian Baked Beans  
 Assorted Fruit  
 Milk



**16**

A. Walking Nachos Beef & Cheese  
 B. EZ Breakfast Box  
 C. Crispy Chicken Wrap  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Corn  
 Assorted Fruit  
 Milk

**17**

A. Chicken Tenders w/ Bug Bites Grahams  
 B. EZ Pizza Box  
 C. Chicken Pretzel Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Green Beans  
 Assorted Fruit  
 Milk

**18**

A. Chicken Nuggets w/ Dinner Roll  
 B. EZ Hummus Box  
 C. Crispy Chicken Wrap  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Broccoli  
 Assorted Fruit  
 Milk

**19**

A. Mini Pancakes w/ Yogurt and Cheese Stick  
 B. Strawberry Fields Parfait  
 C. Chicken Pretzel Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Baked Tater Tots  
 Assorted Fruit  
 Milk



**23**

A. Bosco Cheesy Breadsticks w/ Marinara Dipping Cup  
 B. EZ Breakfast Box  
 C. Turkey Ham & Cheese Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Broccoli  
 Assorted Fruit  
 Milk

**24**

A. BBQ Chicken Nachos  
 B. EZ Pizza Box  
 C. Peppi Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Aztec Corn  
 Assorted Fruit  
 Milk

**25**

A. French Toast Sticks w/ Yogurt and Cheese Stick  
 B. EZ Hummus Box  
 C. Turkey Ham & Cheese Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Baked Tater Tots  
 Assorted Fruit  
 Milk

**26**

A. Penne w/ Beef Meatballs w/ Roll  
 B. Strawberry Fields Parfait  
 C. Peppi Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Green Beans  
 Assorted Fruit  
 Milk

**27**

A. Big Daddy Cheese Pizza  
 B. Yogurt Bagel Box  
 C. Turkey Ham & Cheese Sub  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Mixed Vegetables  
 Assorted Fruit  
 Milk

**30**

A. Cheeseburger on Bun  
 B. EZ Breakfast Box  
 C. Crispy Chicken Wrap  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Vegetarian Baked Beans  
 Assorted Fruit  
 Milk

**31**

A. Popcorn Chicken w/ Brown Rice  
 B. EZ Pizza Box  
 C. Crispy Chicken Salad w/ Flatbread  
 D. Fun on the Run  
 E. PBJ Uncrustable w/ Cheese Stick and Pretzel Goldfish  
 Steamed Broccoli  
 Assorted Fruit  
 Milk

**MEAL REQUIREMENTS**

MUST PICK AT LEAST 3 ELIGE AL MENOS 3

ONE MUST BE A 1/2 CUP (180ml) OR IN TAZA 1/2

FRUIT + VEGGIE FRUTAS + VERDURAS

All First Meals are Free!

**BALANCE IS BEST!**

To feel awesome every day, try to eat a mix of different foods - like fruits, veggies, and even some beans! Your body loves it when you give it a little bit of everything it needs!

#BalanceIsBest @NSOP

## 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.

## 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

#### 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.

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### BREAKFAST MENU

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