

### MONDAY

3

Grilled Cheese  
with tomato soup

Pretzel Cheeseburger

Steamed Carrot Coins

### TUESDAY

4

Crispy Chicken Bowl  
with mashed potatoes & corn

Pretzel Cheeseburger

Mashed Potatoes  
Golden Corn

### WEDNESDAY

5

Mozzarella Sticks  
with marinara sauce

Pretzel Cheeseburger

Garlic Sauteed Spinach

### THURSDAY

6

Sizzlin' Chicken Fajitas  
with Onions and Peppers

Pretzel Cheeseburger

Vegetarian Refried Beans

### FRIDAY

7

Big Daddy's Pizza

Pretzel Cheeseburger

Green Pepper Strips

2/3-2/7: Turkey Club Sandwich, Fiesta Salad with tortilla chips, Cereal Bag Offered Daily

10

Fluffy Pancakes  
with sausage patty

Hot Ham and Cheese Sliders

Cinnamon Sweet Potatoes

11

Chicken Tenders  
with dinner roll

Hot Ham and Cheese Sliders

Tater Tots

12

Spaghetti & Meatballs

Hot Ham and Cheese Sliders

Roasted Broccoli

13

Chicken & Waffles

Hot Ham and Cheese Sliders

Homestyle Baked Beans

14

**HAPPY VALENTINE'S DAY!**  
4 Hour Session

Assorted Cold Sandwiches

Tuna

Ham and Cheese

Salami and Cheese

Bagel or Yogurt Boat

2/10-2/14: Italian Sub, Southern Style Crispy Chicken Salad with Corn Muffin, Pretzel Boat Offered Daily

17

**PRESIDENT'S DAY**

**School Closed**

18

Poppin' Popcorn Chicken  
with dinner roll

Grilled Pretzel Melt

Baked French Fries

19

Penne Pasta with Italian Meatsauce

Grilled Pretzel Melt

Caesar Side Salad

20

Nachos Supreme  
with cheese & salsa

Grilled Pretzel Melt

Southwest Black Beans

21

Big Daddy's Pizza

Grilled Pretzel Melt

Cucumber Coins

2/17-2/21: Turkey & Cheese Sub, Garden Salad with dinner roll, Yogurt Bag, & Crazy Cheese Cube Bento Box Offered Daily

24

Stuffed Breadstick  
with marinara sauce

Hot Diggity Dog

Citrus Glazed Carrots

25

Roasted Chicken in a Basket  
with buttermilk biscuit

Hot Diggity Dog

Waffle Fries

26

Old Fashioned Mac & Cheese

Hot Diggity Dog

Steamed Broccoli  
& Stewed Tomatoes

27

Twin Chicken Tacos  
with Rice

Hot Diggity Dog

Roasted Chickpeas

28

Mini Personal Pizza

Hot Diggity Dog

Steamed Green Beans

2/24-2/28: Ham & Cheese Sub, Turkey Club Salad with dinner roll, Bagel Bag Offered Daily



#### Thrive Garden Bar

**Daily:** Romaine or Spinach Salad

**Monday:** Carrot Sticks

**Tuesday:** Chilled Corn Salad

**Wednesday:** Broccoli Dippers

**Thursday:** Bean Salad & Carrots

**Friday:** Celery Sticks

#### Daily Fast Takes

**Monday:** Fruit and Granola

**Tuesday:** Hummus Flatbread Box

**Wednesday:** Protein Power Box

**Thursday:** Buffalo Chicken Salad

**Friday:** Deli and Salad Box

All lunches include a variety of  
fresh fruit, chilled fruit cup,  
and choice of milk  
(skim, 1%, or fat-free flavored)





## 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.

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

## BREAKFAST

All Breakfast Options listed include choice of: Fresh Fruit, Fruit Cup, 100% Fruit Juice and Choice of Skim, 1% and Fat Free Chocolate Milk.

**MONDAY:** A Choice of Mini Pancakes, Mini Waffles, Frudel, Assorted Cereal, Hot Cereal, Poptart, Bagel w/ Cream Cheese, Whole Wheat Doughnut, or Assorted Muffins.

**TUESDAY:** A Choice of Mini Pancakes, Mini Waffles, Frudel, Assorted Cereal, Hot Cereal, Poptart, Bagel w/ Cream Cheese, Whole Wheat Doughnut, or Assorted Muffins.

**WEDNESDAY:** A Choice of Mini Pancakes, Mini Waffles, Frudel, Assorted Cereal, Hot Cereal, Poptart, Bagel w/ Cream Cheese, Whole Wheat Doughnut, or Assorted Muffins.

**THURSDAY:** A Choice of Mini Pancakes, Mini Waffles, Frudel, Assorted Cereal, Hot Cereal, Poptart, Bagel w/ Cream Cheese, Whole Wheat Doughnut, or Assorted Muffins.

**FRIDAY:** A Choice of Mini Pancakes, Mini Waffles, Frudel, Assorted Cereal, Hot Cereal, Poptart, Bagel w/ Cream Cheese, Whole Wheat Doughnut, or Assorted Muffins.

All Students Eligible for free lunch are also eligible for free breakfast.

## Fresh Pick Recipe

### LENTIL SOUP WITH PASTA (SERVES 8)

- 2 cups lentils
- 1 cup penne pasta
- 1/4 cup yellow onion (diced)
- 1 teaspoon garlic (raw)
- 1/2 cup canned tomato (diced)
- 1/2 cup carrot matchsticks
- 2 tablespoons Parmesan cheese (grated)
- 1 tablespoon dried parsley

#### Lemon Dressing

- 2 tablespoons unsweetened lemon juice (frozen)
- 1 tablespoon canola/olive oil blend
- 1/4 teaspoon black pepper (ground)
- 1/4 teaspoon kosher salt

1. Prepare lentils and pasta according to recipes.
2. Dice onion 1/4".
3. Mince garlic.
4. Drain tomatoes.
5. Whisk together lemon juice, oil, salt and pepper in a non-reactive bowl until blended.
6. Combine lentils, pasta, onion, carrots and tomatoes with lemon dressing in serving pan.
7. Garnish with parmesan cheese and parsley.

**NUTRITION FACTS:**  
81 calories, 3g fat,  
60mg sodium, 3g fiber



Please visit the parent portal to find information about the So Happy App and how to set up an account for your student.

Nutrition Information is available upon request.

