

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
 Chicken Caesar Salad
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
 **Mesquite Glazed Drumstick with Dinner Roll
 Cheese Pizza (V)

 Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

**Come celebrate the Super Bowl with us and enjoy a Glazed Mesquite Drumstick & Western Baked Beans!

4
 Double Berry Parfait with String Cheese (V)
 All American Sandwich
 Crispy Chicken Sandwich
 Savory Spaghetti & Meatballs

 Seasoned Mixed Vegetables, Garden Salad, Fresh Baby Carrots, Pineapple Tidbits & Orange Smiles

5
 Classic Chef Salad
 Kidzable: Ham & Cheese
 Cheesy Omelet with Toast (V)
 Home-Style Pepperoni Pizza

 Tater Tots, Caesar Salad, Fresh Broccoli, Diced Peaches & Bananas
 Freshly Baked Cookie!

6
 Classic Chef Salad
 Terrific Turkey & Cheese Sandwich
 Rib-b-que Sandwich
 Crispy Chicken Nuggets with Dinner Roll

 Whipped Potatoes & Country Gravy, Garden Salad, Baby Carrots, Diced Pears & Apple Slices

7
 Chicken Caesar Salad
 Kidzable: Protein Power!
 Goey Grilled Cheese Sandwich (V)
 Beefy Nachos

 Pinto Beans, Caesar Salad, Broccoli,
 **Fresh Spinach, Applesauce & Bananas

8
 Chicken Caesar Salad
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
 Oklahoma Twister Dog
 Cheese Pizza (V)

 Groovy Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

**Spinach is the Fresh Pick for the month of February. Spinach is a considered a nutrient powerhouse because it is a great source of Vitamin A, Vitamin C, Iron & many other nutrients. These nutrients help keep many parts of the body healthy including the heart! The perfect vegetable to celebrate National Heart Month!

11
 No School

12
 Classic Chef Salad
 Kidzable: Turkey & Mozzarella
 Home-style Cheese Pizza (V)
 Sloppy Joe

 Mixed Vegetables, Caesar Salad, Baby Carrots, **Fresh Spinach, Diced Peaches & Bananas

13
 Classic Chef Salad
 Ham & Cheese Sandwich
 Corn Dog
 Crispy Chicken Nuggets with Dinner Roll

 Whipped Potatoes & Country Gravy, Garden Salad, Fresh Broccoli, Diced Pears & Apple Slices

14
 Chicken Caesar Salad
 Kidzable: Italian
 Hearty Chili & Homemade Cornbread (V)
 Pancakes, Scrambled Eggs & Sausage

 Groovy Green Beans, Caesar Salad, Baby Carrots, Applesauce & Fresh Bananas

15
 Chicken Caesar Salad
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
 Creamy Macaroni & Cheese (V)
 Pepperoni Pizza

 Western Baked Beans, Garden Salad, Celery Sticks, Mixed Fruit & Orange Smiles

Happy Valentine's Day on February 14th! Join us and celebrate with a special Valentine's day treat!

18
 Just Peachy Parfait (V)
 All American Sandwich on Whole Wheat Bread
 Grilled Chicken Sandwich
 Walking Nachos

 Roasted Corn, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

19
 Classic Chef Salad
 Kidzable: Ham & Cheese
 Sweet & Sour Chicken with Brown Rice
 Home-Style Pepperoni Pizza

 Green Beans, Caesar Salad, Broccoli,
 **Fresh Spinach, Diced Peaches & Bananas

20
 Classic Chef Salad
 Terrific Turkey & Cheese Sandwich
 Savory Beefy Mac with Breadstick
 Chicken & Waffles

 Emoji Potatoes, Celery Sticks, Garden Salad, Diced Pears & Sliced Apples

21
 Chicken Caesar Salad
 Kidzable: Protein Power!
 Goey Grilled Cheese Sandwich
 Steak Fingers with Dinner Roll

 Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Bananas
 Freshly Baked Cookie!

22
 Chicken Caesar Salad
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
 Crispy Chicken Sandwich
 Cheese Pizza (V)

 Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item. Variety of fat free and low fat milk are offered daily.

25
 Strawberry Banana Parfait (V)
 All American Sandwich on Whole Wheat Bread
 Rib-b-que Sandwich
 Italian Dunkers (V)

 Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

26
 Classic Chef Salad
 Kidzable: Turkey & Mozzarella
 Cheesy Chicken Spaghetti
 Home-Style Cheese Pizza (V)

 Green Peas, Celery Sticks, Caesar Salad, Diced Peaches & Fresh Bananas
 Rice Krispies Treat!

27
 Classic Chef Salad
 Ham & Cheese Sandwich on Whole Wheat Bread
 Chicken Fried Steak Sandwich
 Crispy Chicken Nuggets with Dinner Roll

 Whipped Potatoes & Country Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

28
 Chicken Caesar Salad
 Kidzable: Italian
 **Frito Chili Pie (V)
 Corndog

 Groovy Green Beans, Broccoli, Caesar Salad, **Fresh Spinach, Applesauce & Bananas



**Come warm up and celebrate National Chili Day with us by enjoying a Frito Chili Pie on February 28th!

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1 Sausage & Country Gravy Breakfast Pizza Yogurt & Goldfish Graham Cracker Diced Peaches
February 4 Honey Glazed Chicken Biscuit Whole Grain Banana Muffin Diced Peaches	February 5 Pancakes Hard Boiled Egg Orange Smiles	February 6 Sausage & Country Gravy Breakfast Pizza Yogurt & Goldfish Graham Cracker Mixed Fruit	February 7 Egg & Cheese Breakfast Sandwich Cinnamon Sugar Whole Grain Donut Mixed Fruit	February 8 Biscuit & Gravy Strawberry Nutrigrain Bar Diced Peaches
February 11 No School	February 12 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	February 13 Sausage & Country Gravy Breakfast Pizza Whole Grain Blueberry Muffin Bananas	February 14 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	February 15 Biscuit & Gravy Strawberry Nutrigrain Bar Diced Peaches
February 18 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	February 19 Pancake Sausage Wrap Whole Grain Chocolate Muffin Orange Smiles	February 20 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Bananas	February 21 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	February 22 Sausage & Country Gravy Breakfast Pizza Yogurt with Goldfish Graham Cracker Diced Peaches
February 25 Honey Glazed Chicken Biscuit Whole Grain Banana Muffin Diced Peaches	February 26 Pancakes Hard Boiled Egg Orange Smiles	February 27 Sausage & Country Gravy Breakfast Pizza Yogurt with Goldfish Graham Cracker Mixed Fruit	February 28 Egg & Cheese Break- fast Sandwich Whole Grain Cinnamon Sugar Donut Mixed Fruit	

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.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

