

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Cheese Pizza (V)  
-----  
Western Baked Beans  
Mixed Fruit  
Milk

(V) Denotes a vegetarian friendly item.

**4**  
All American Sandwich  
Savory Spaghetti & Meatballs  
-----  
Seasoned Mixed Vegetables  
Orange Smiles  
Milk

**5**  
Kidzable: Ham & Cheese Cheesy Omelet with Toast (V)  
-----  
Tater Tots  
Diced Peaches  
Milk  
\*Freshly Baked Cookie!\*

**6**  
Terrific Turkey & Cheese Sandwich  
Crispy Chicken Nuggets with Dinner Roll  
-----  
Whipped Potatoes & Country Gravy  
Apple Slices  
Milk

**7**  
Kidzable: Protein Power!  
Goopy Grilled Cheese Sandwich (V)  
-----  
Fresh Broccoli  
Applesauce  
Milk

**8**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Cheese Pizza (V)  
-----  
Groovy Green Peas  
Mixed Fruit  
Milk

**11**  
No School

**12**  
Kidzable: Turkey & Mozzarella Home-style Cheese Pizza (V)  
-----  
Mixed Vegetables  
Diced Peaches  
Milk

**13**  
Ham & Cheese Sandwich  
Crispy Chicken Nuggets with Dinner Roll  
-----  
Whipped Potatoes & Country Gravy  
Apple Slices  
Milk

**14**  
Kidzable: Italian Pancakes, Scrambled Eggs & Sausage  
-----  
Groovy Green Beans  
Applesauce  
Milk  
\*Valentine's Treat!\*

**15**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Creamy Macaroni & Cheese (V)  
-----  
Western Baked Beans  
Orange Smiles  
Milk

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

**18**  
All American Sandwich on Whole Wheat Bread  
Grilled Chicken Sandwich  
-----  
Roasted Corn  
Orange Smiles  
Milk

**19**  
Kidzable: Ham & Cheese Home-Style Pepperoni Pizza  
-----  
Green Beans  
Diced Peaches  
Milk

**20**  
Terrific Turkey & Cheese Sandwich  
Chicken & Waffles  
-----  
Emoji Potatoes  
Sliced Apples  
Milk

**21**  
Kidzable: Protein Power!  
Goopy Grilled Cheese Sandwich  
-----  
Whipped Potatoes & Gravy  
Bananas  
Milk  
\*Freshly Baked Cookie!\*

**22**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Cheese Pizza (V)  
-----  
Western Baked Beans  
Mixed Fruit  
Milk

Variety of fat free and low fat milk are offered daily.

**25**  
All American Sandwich on Whole Wheat Bread  
Italian Dunkers (V)  
-----  
Western Baked Beans  
Pineapple Tidbits  
Milk

**26**  
Kidzable: Turkey & Mozzarella Cheesy Chicken Spaghetti  
-----  
Green Peas  
Diced Peaches  
Milk  
\*Rice Krispies Treat!\*

**27**  
Ham & Cheese Sandwich on Whole Wheat Bread  
Crispy Chicken Nuggets with Dinner Roll  
-----  
Whipped Potatoes & Country Gravy  
Apple Slices  
Milk

**28**  
Kidzable: Italian  
\*\*Frito Chili Pie (V)  
-----  
Groovy Green Beans  
Applesauce  
Milk



\*\*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](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1 Sausage & Country Gravy Breakfast Pizza Frosted Mini Wheat Cereal Diced Pears Milk
February 4 Buttery Toast Yogurt Diced Peaches Milk	February 5 Pancakes Cinnamon Toast Crunch Cereal Mixed Fruit Milk	February 6 Sausage & Country Gravy Breakfast Pizza Frosted Mini Wheat Cereal Bananas	February 7 Egg & Cheese Breakfast Sandwich Cinnamon Toast applesauce Milk	February 8 Biscuit & Gravy Yogurt Diced Pears Milk
February 11 No School	February 12 French Toast Sticks Frosted Mini Wheat Cereal Mixed Fruit Milk	February 13 Sausage & Country Gravy Breakfast Pizza Cinnamon Toast Crunch Cereal Bananas	February 14 Cheesy Omelet Cinnamon Toast Applesauce Milk	February 15 Biscuit & Gravy Cinnamon Toast Crunch Cereal Diced Pears Milk
February 18 Sausage Biscuit Frosted Mini Wheat Cereal Diced Peaches Milk	February 19 Pancake Sausage Wrap Cinnamon Toast Crunch Cereal Mixed Fruit Milk	February 20 Breakfast Pizza Buttery Toast Bananas Milk	February 21 Cheesy Omelet Cinnamon Toast Applesauce Milk	February 22 Sausage & Country Gravy Breakfast Pizza Frosted Mini Wheat Cereal Diced Pears Milk
February 25 Buttery Toast Yogurt Diced Peaches Milk	February 26 Pancakes Cinnamon Toast Crunch Cereal Mixed Fruit Milk	February 27 Sausage & Country Gravy Breakfast Pizza Frosted Mini Wheat Cereal Bananas Milk	February 28 Egg & Cheese Break- fast Sandwich Cinnamon Toast Applesauce Milk	

### 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.

