

### MONDAY



### TUESDAY



### WEDNESDAY



### THURSDAY

**1**

- Chicken Patty Sandwich
- Grilled Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Tomato Soup
- Baked Beans
- Diced Pears
- Low Fat Milk

### FRIDAY

**2**

- Chicken & Waffles
- Fish & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruit & Vegetables
- Corn
- Strawberry Cups
- Low Fat Milk

Calories 555.14, Fat 16.39 g, Saturated Fat 4.90 g, Cholesterol 39.01 mg, Sodium 1,029.84 mg, Carbohydrate 80.75 g, Protein 25.70 g

**5**

- Hamburger or Cheeseburger
- Garden Cheese Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Baked Beans
- Mandarin Oranges
- Low Fat Milk

**6**

- Cheese or Pepperoni Pizza
- Garden Cheese Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Carrot Coins
- Diced Peaches
- Low Fat Milk

**7**

**B-DAY CELEBRATION**

All entrees offered w/wo WG Rice

- Krispy Treat or Fresh Baked WG Roll
- Chicken Nuggets
- Pig in a Blanket
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Corn, Mixed Fruit
- Low Fat Milk

**8**

- Chicken Patty Sandwich
- Garden Cheese Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Broccoli
- Diced Pears
- Low Fat Milk

**9**

- Zesty Orange Chicken w/wo Brown Rice
- Fish & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Oriental Mixed Vegetables
- Pineapple Tidbits
- Low Fat Milk

Calories 644.60, Fat 20.82 g, Saturated Fat 6.19 g, Cholesterol 42.37 mg, Sodium 975.76 mg, Carbohydrate 89.31 g, Protein 29.84 g

**12**

- Dutch Waffle w/wo Strawberry Topping w/wo Eggs
- Turkey & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Hash Browns
- Applesauce
- Low Fat Milk

**13**

**LUCKY LUNCH TRAY**

- French Bread Pizza
- Yogurt Parfait
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Carrots
- Pineapple Tidbits
- Low Fat Milk

**14**

- Mini Corn Dogs
- Turkey & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Baked Beans
- Diced Pears
- Low Fat Milk

**15**

- Homemade Macaroni & Cheese
- Yogurt Parfait
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruit & Vegetables
- Steamed Broccoli
- Strawberry Cups
- Low Fat Milk

**16**

- Popcorn Chicken w/wo Fresh Baked WG Roll
- Fish & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Corn on the Cob
- Mixed Fruit
- Low Fat Milk

Calories 620.17, Fat 18.65 g, Saturated Fat 5.85 g, Cholesterol 55.15 mg, Sodium 1007.45 mg, Carbohydrate 90.02 g, Protein 26.58 g

**19**

- Bacon Cheeseburger
- Pizza Crunchers
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Baked Beans
- Diced Peaches
- Low Fat Milk

**20**

- Cheese or Pepperoni Pizza
- Chicken Caesar Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Carrot Coins
- Applesauce
- Low Fat Milk

**21**

- Chicken & Veggie Stir Fry w/wo Fried Rice
- Chicken Caesar Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Oriental Mixed Vegetables
- Pineapple Tidbits
- Low Fat Milk

**22**

- Chicken Patty Sandwich
- Chicken Caesar Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Broccoli
- Mandarin Oranges
- Low Fat Milk

**23**

- Chicken Tenders w/wo Fresh Baked WG Roll
- Fish & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- French Fries
- Mixed Fruit
- Low Fat Milk

Calories 647.60, Fat 18.38 g, Saturated Fat 4.55 g, Cholesterol 75.87 mg, Sodium 1007.85 mg, Carbohydrate 91.51 g, Protein 34.56 g

**26**

- French Toast Sticks w/wo Sausage
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Tater Tots
- Applesauce
- Low Fat Milk

**27**

- French Bread Pizza
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Carrots
- Pineapple Tidbits
- Low Fat Milk

**28**

- Soft Shell Taco
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruit & Vegetables
- Refried Beans
- Diced Pears
- Low Fat Milk

**29**

- Homemade Baked Ziti w/wo Fresh Baked Breadstick
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Broccoli
- Mixed Fruit
- Low Fat Milk

**30**

**NO SCHOOL**

Calories 610.86, Fat 19.21 g, Saturated Fat 6.64 g, Cholesterol 39.97 mg, Sodium 978.34 mg, Carbohydrate 83.80 g, Protein 29.21 g

## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at [www.choosemyplate.gov](http://www.choosemyplate.gov).



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Pancakes Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Strawberry Gogurt Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Pancakes Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	<b>NO SCHOOL</b>

### Fresh Pick Recipe

#### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



On March 20, 2018 we will be hosting our annual final Future Chef competition at Easton High School. The years finalists are Daniel Schwaninger from White Marsh Elementary, Madelynne Plog from St. Michael's Elementary, Molly Genrich from St. Michael's Elementary, Lane Hutchinson from Chapel District Elementary, and Braden Eismann from Chapel District Elementary. We encourage to come out and observe the completion.

