

### MONDAY



### TUESDAY

**REMEMBER ANYONE WHO QUALIFIES FOR A FREE LUNCH OR REDUCED LUNCH ALSO QUALIFIES FOR A FREE BREAKFAST OR REDUCED BREAKFAST**

### WEDNESDAY



### THURSDAY

- 1**
- Chicken Patty Sandwich
  - Grilled Cheese Sandwich
  - Ham & 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
  - Ham & Cheese Sandwich
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Steamed Broccoli, Corn
  - Strawberry Cups
  - Low Fat Milk

Nutritional Information: Calories 556.34, Fat 16.51 g, Saturated Fat 5.13 g, Cholesterol 42.02 mg, Sodium 1067 mg, Carbohydrates 80.65 g, Protein 26 g

- 5**
- Homemade Chicken Pot Pie over biscuit
  - Hamburger or Cheeseburger
  - Garden Cheese Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Green Beans, Baked Beans
  - Mandarin Oranges, Low Fat Milk

- 6**
- Cheese or Pepperoni Pizza
  - Cheese Quesadilla
  - Garden Cheese Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Carrot Coins, Mixed Vegetables
  - Diced Peaches
  - Low Fat Milk

- 7**
- B-DAY CELEBRATION**
- All Entrees offered with WG Rice
- Krispy Treat or Fresh Baked WG Roll
  - Chicken Nuggets
  - Pig in a Blanket
  - Garden Cheese Salad
  - Peanut Butter & Jelly Sandwich
  - Assorted Fresh Fruits & Vegetables
  - Corn, Green Beans, Mixed Fruit
  - Low Fat Milk

- 8**
- Spaghetti & Meatballs w/wo Garlic Breadstick
  - Chicken Patty Sandwich
  - Garden Cheese Salad w/wo WG Breadstick
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Steamed Broccoli, Mixed Vegetables
  - Diced Pears, Low Fat Milk

- 9**
- Zesty Orange Chicken w/wo Brown Rice
  - Fish & Cheese Sandwich
  - Garden Cheese Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Oriental Mixed Vegetables
  - Green Beans
  - Pineapple Tidbits
  - Low Fat Milk

Nutritional Information: Calories 642.16, Fat 21.16 g, Saturated Fat 6.69 g, Cholesterol 44.27 mg, Sodium 961.79 mg, Carbohydrate 88.14 g, Protein 29.92 g

- 12**
- Dutch Waffle w/wo Strawberry Topping w/wo Eggs
  - Hamburger or Cheeseburger
  - Turkey & Cheese Sandwich
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Hash Browns, Peas
  - Applesauce
  - Low Fat Milk

- 13**
- LUCKY LUNCH TRAY**
- French Bread Pizza
  - Chicken & Cheese Flatbread
  - Yogurt Parfait
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruit & Vegetables
  - Steamed Carrots,
  - California Mixed Vegetables
  - Pineapple Tidbits, Low Fat Milk

- 14**
- Beefy Nachos
  - Mini Corn Dogs
  - Turkey & Cheese Sandwich
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Refried Beans, Baked Beans
  - Diced Pears
  - Low Fat Milk

- 15**
- Homemade Macaroni & Cheese
  - Chicken Patty Sandwich
  - Yogurt Parfait
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Steamed Broccoli, Five Way Mixed Vegetables
  - Strawberry Cups
  - Low Fat Milk

- 16**
- Popcorn Chicken w/wo Fresh Baked WG Roll
  - Fish & Cheese Sandwich
  - Turkey & Cheese Sandwich
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Green Beans, Corn on the Cob
  - Mixed Fruit
  - Low Fat Milk

Nutritional Information: Calories 602.17, Fat 18.14 g, Saturated Fat 5.48 g, Cholesterol 56.16 mg, Sodium 986.23 mg, Carbohydrate 86.76 g, Protein 26.40 g

- 19**
- Bacon Cheeseburger
  - Pizza Crunchers
  - Chicken Caesar Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Baked Beans,
  - California Mixed Vegetables
  - Diced Peaches, Low Fat Milk

- 20**
- Cheese or Pepperoni Pizza
  - Beef & Cheese Quesadilla
  - Chicken Caesar Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Carrot Coins, Cauliflower
  - Applesauce
  - Low Fat Milk

- 21**
- Chicken & Veggie Stir Fry w/wo Fried Rice
  - Grilled Ham & Cheese Sandwich
  - Chicken Caesar Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Oriental Mixed Vegetables, Peas
  - Pineapple Tidbits, Low Fat Milk

- 22**
- Homemade Lasagna w/wo Garlic Breadstick
  - Chicken Patty Sandwich
  - Chicken Caesar Salad w/wo Fresh Baked WG Breadstick
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Steamed Broccoli, Carrots
  - Mandarin Oranges, Low Fat Milk

- 23**
- Chicken Tenders w/wo Fresh Baked WG Roll
  - Fish & Cheese Sandwich
  - Chicken Caesar Salad w/wo Fresh Baked WG Roll
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - French Fries, Green Beans
  - Mixed Fruit, Low Fat Milk

Nutritional Information: Calories 612.04, Fat 17.68 g, Saturated Fat 4.94 g, Cholesterol 61.75 mg, Sodium 953.52 mg, Carbohydrate 86.94 g, Protein 32.13 g

- 26**
- French Toast Sticks w/wo Sausage
  - Hamburger or Cheeseburger
  - Fun on the Run Pizza Lunchable
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Tater Tots, Mixed Vegetables
  - Applesauce
  - Low Fat Milk

- 27**
- French Bread Pizza
  - Bean & Cheese Burrito
  - Fun on the Run Pizza Lunchable
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Steamed Carrots, Peas
  - Pineapple Tidbits
  - Low Fat Milk

- 28**
- Soft Shell Taco
  - Mini Corn Dogs
  - Fun on the Run Pizza Lunchable
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruits & Vegetables
  - Refried Beans, California Mixed Vegetables
  - Diced Pears
  - Low Fat Milk

- 29**
- Homemade Baked Ziti w/wo Fresh Baked WG Breadstick
  - Chicken Patty Sandwich
  - Fun on the Run Pizza Lunchable
  - Peanut Butter & Jelly Sandwich
  - Assorted Seasonal Fresh Fruit & Vegetables
  - Steamed Broccoli, Corn
  - Mixed Fruit
  - Low Fat Milk

- 30**
- NO SCHOOL**

Nutritional Information: Calories 598.96, Fat 18.23 g, Saturated Fat 6.29 g, Cholesterol 38.86 mg, Sodium 985.62 mg, Carbohydrate 83.25 g, Protein 28.56 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.

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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm Fruit Frudels Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Gogurt w/wo Graham Cracker Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Dutch Waffle Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Egg & Sausage Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Gogurt w/wo Graham Crackers Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Egg & Sausage Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Dutch Waffle Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Gogurt w/wo Graham Crackers Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast 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. This years finalist are Daniel Schwanger 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 you come out and observe the competition.