

### MONDAY

#### Breakfast Prices:

Full Paid: \$1.75  
Reduced: \$.30  
Milk: \$.50

#### Lunch Prices:

Full Paid: \$2.85  
Reduced: \$.40  
Milk: \$.50

### TUESDAY

### WEDNESDAY



### THURSDAY

### FRIDAY

**1**  
Cheese or Pepperoni (Pork) Pizza  
Fish Sticks  
Turkey Club Sandwich  
Chef Salad with Roll  
Cereal Bag  
Seasoned Green Beans

Peanut Butter & Jelly available

**4**

#### BREAKFAST FOR LUNCH

Fluffy Pancakes w/Turkey Sausage  
Cheeseburger or Hamburger  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cinnamon Sweet Potatoes

**5**

Chicken Tenders with Dinner Roll  
Hotdog (Beef) on a Bun  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Tater Tots

**6**

Philly Cheesesteak  
Chicken Patty Sandwich  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Steamed Broccoli

**7**

Chicken Quesadilla with Salsa  
Grilled Cheese  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Southwest Black Beans

**8**

Mini Personal Pizza  
Fish Sticks  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cucumber Coins

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

**11**

#### BREAKFAST FOR LUNCH

Egg & Cheese Bagel Sandwich  
Cheeseburger or Hamburger  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Sweet Potato Wedges

**12**

Poppin' Popcorn Chicken  
Hotdog (Beef) on a Bun  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Baked French Fries

**13**

Rotini Pasta with Italian Meatsauce  
served with a Garlic Breadstick  
Chicken Patty Sandwich  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Sautéed Spinach

**14**

Nachos Supreme (Turkey)  
Grilled Cheese  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Vegetarian Beans

**15**

Cheese or Pepperoni (Pork) Pizza  
Fish Sticks  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Cucumber Coins

All Nutritionals on the SO HAPPY APP

**18**

School Closed

Presidents Day

**19**

Roasted Chicken  
Hot Dog (Beef) on a Bun  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Waffle Fries

**20**

Old Fashioned Mac & Cheese  
served with a Dinner Roll  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Steamed Broccoli

**21**

Twin Tacos (Turkey)  
served with Cheese, Lettuce &  
Tomato  
Grilled Cheese  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Spanish Beans

**22**

Mini Personal Pizza  
Fish Sticks  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Seasoned Green Beans

**25**

#### BREAKFAST FOR LUNCH

French Toast  
Cheeseburger or Hamburger  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Crinkle Cut Sweet Potato Fries

**26**

Chicken Nuggets with Dinner Roll  
Hotdog (Beef) on a Bun  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Smile Fries

**27**

Mozzarella Sticks with  
Marinara Sauce  
Chicken Patty Sandwich  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Broccoli Dippers

**28**

Boneless Chicken Bites  
Grilled Cheese  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Homestyle Baked Beans



Menu Subject to Change

This institution is an equal opportunity provider.



## 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.

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

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Reduced Fat Milk

### MONDAY:

Whole Grain Cereal and Graham Crackers

### TUESDAY:

Hot Mini Maple Pancakes

### WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

### THURSDAY:

Eggo Waffles

### FRIDAY:

Whole Grain Muffin and Graham Crackers

## Fresh Pick Recipe

### OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**  
395 calories, 10g fat,  
197mg sodium, 3g fiber



**So Happy**

Sodexo's menu app with nutrition and allergen information!

Happy February! Any concerns and comments please call the Café Office at 732-531-5630 ext 7090 or [Jacqueline.wagner@sodexo.com](mailto:Jacqueline.wagner@sodexo.com)  
To add money to your child's lunch account go to [www.schoolcafe.com](http://www.schoolcafe.com)

Nutrition Information is available upon request.

