

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 Pizza
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
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Cinnamon Sweet Potatoes

5

Chicken Tenders with Dinner Roll
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Tater Tots

6

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

7

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

8

Mini Personal Pizza
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

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

12

Poppin' Popcorn Chicken
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Baked French Fries

13

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

14

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

15

Cheese Pizza
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

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
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Steamed Broccoli

21

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

22

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

25

BREAKFAST FOR LUNCH

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

26

Chicken Nuggets with Dinner Roll
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Smile Fries

27

Chicken Patty Sandwich
Tuna Salad Sub
Crispy Chicken Caesar Salad
Deli Bento Box
Broccoli Dippers

28

Boneless Chicken Bites
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

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
To add money to your child's lunch account go to www.schoolcafe.com

Nutrition Information is available upon request.

