

## Wanamassa Elementary

# MAR<sup>爰</sup>

#### **MONDAY**

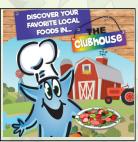
Breakfast Prices: Full Paid: \$1.75 Reduced: \$.40 Milk: \$.50

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

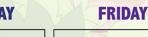
#### TUESDAY



#### WEDNESDAY



#### **THURSDAY**



Cheese Pizza Tuna Salad Sub Crispy Chicken Caesar Salad Deli Bento Box Tossed Garden Salad

#### Peanut Butter & Jelly available

4

Cheeseburger or Hamburger Turkey Club Sandwich Chef Salad with Roll Cereal Bag Sweet Potato Wedge 5

Crispy Chicken Sticks with Dinner Roll Turkey Club Sandwich Chef Salad with Roll Cereal Bag Mashed Potatoes 6

Homemade Baked Ziti served with Garlic Breadstick Turkey Club Sandwich Chef Salad with Roll Cereal Bag Sauteed Spinach 7

Big Daddy Cheese Pizza Turkey Club Sandwich Chef Salad with Roll Cereal Bag Seasoned Green Beans 8

1

No School for Students In-service for Teachers

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

11

Mozzarella Sticks & Marinara Sauce Italian Sub Grilled Chicken Salad with Roll Pretzel Bag Baby Carrots & Dip 12

Chicken Tenders with Dinner Roll Italian Sub Grilled Chicken Salad with Roll Pretzel Bag Tater Tots 13

Chicken Patty Sandwich Italian Sub Grilled Chicken Salad with Roll Pretzel Bag Steamed Broccoli 14

Baked Chicken Nuggets Italian Sub Grilled Chicken Salad with Roll Pretzel Bag Southwest Black Beans 15

Cheese Pizza Italian Sub Grilled Chicken Salad with Roll Pretzel Bag Tossed Mixed Green Salad

#### All Nutritionals on the SO HAPPY APP

18

BREAKFAST FOR LUNCH French Toast Sticks

Turkey & Cheese Sub Garden Salad with Cheese & Roll Yogurt Bag Sweet Potato Wedges 19

Hotdog (Beef) on a Bun Turkey & Cheese Sub Garden Salad with Cheese & Roll Yogurt Bag Baked French Fries 20

Rotini Pasta with Italian Meatsauce served with a Garlic Breadstick Turkey & Cheese Sub Garden Salad with Cheese & Roll Yogurt Bag Sautéed Spinach 21

Nachos Supreme Turkey & Cheese Sub Garden Salad with Cheese & Roll Yogurt Bag Vegetarian Refried Beans 22

Cheese Pizza
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Tossed Mixed Green Salad

25

Cheesy Stuffed Breadsticks Ham & Cheese Sub Turkey Club Salad with Roll Bagel Bag Citrus Glazed Carrots 26

Roasted Chicken in a Basket served with a Buttermilk Biscuit Ham & Cheese Sub Turkey Club Salad with Roll Bagel Bag Waffle Fries 27

Old Fashioned Mac & Cheese served with a Dinner Roll Ham & Cheese Sub Turkey Club Salad with Roll Bagel Bag Steamed Broccoli 28

Twin Tacos (Turkey Meat) served with Cheese, Lettuce & Tomato Ham & Cheese Sub Turkey Club Salad with Roll Bagel Bag Mexican Black Beans 29

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

Menu Subject to Change

This institution is an equal opportunity provider.

### 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.



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

www.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:

Flavored Benefit Bar

FRIDAY:

Whole Grain Muffin and Graham Crackers

## Fresh Pick Recipe

COLCANNON (SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper
- 1. Wash green onions and slice very thin on bias.
- 2. Wash parsley and chop.
- 3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
- Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixter off and allow potatoes to sit for 5 minutes.
- 5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
- 6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
- Blend cabbage and potatoe and place in a steamtable pan. Garnish with chopped parsley.

NUTRITION FACTS: 52 calories, .73g fat, 56mg sodium, 1.25g fiber



Happy March! 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.