


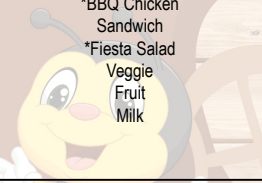
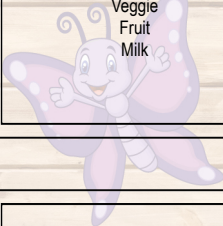
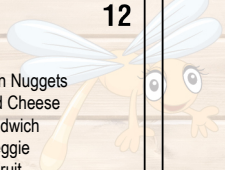

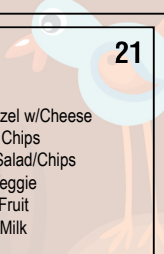
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 *Chicken Alfredo *All American Sandwich Veggie Fruit Milk	2 *Pepperoni Pizza *PB&J w/ Sweet Fries Veggie Fruit Milk
5 *Italian Dunkers w/Marinara *Ham & Cheese Sandwich Veggie Fruit Milk	6 *Hamburger/Cheeseburger *Hot Dog Fries Veggie Fruit Milk	7  *BBQ Chicken Sandwich *Fiesta Salad Veggie Fruit Milk	8 *Creamy Mac & Cheese w/Roll *Chicken Patty Sandwich Veggie Fruit Milk	9  *Cheese Pizza *Turkey Sandwich Veggie Fruit Milk
12  *Chicken Nuggets *Grilled Cheese Sandwich Veggie Fruit Milk	13 *Brunch for Lunch *Tacos Veggie Fruit Milk	14 *Teriyaki Chicken Rice Bowl *Chef Salad Veggie Fruit Milk	15 *Italian Dunkers w/Marinara *Corn Dog Veggie Fruit Milk	16 *Pepperoni Pizza *Chicken Caesar Salad Veggie Fruit Milk
19 NO SCHOOL PRESIDENTS' DAY	20  *Chicken Alfredo & Roll *PB&J Veggie Fruit Milk	21  *Soft Pretzel w/Cheese & Chips *Chef Salad/Chips Veggie Fruit Milk	22 *Beef Gravy, Mashed Potatoes/Roll *Corn Dog Veggie Fruit Milk	23 *Cheese Pizza *Ham & Cheese Sandwich/Chips Veggie Fruit Milk
26 *Hamburger/Cheeseburger *Hot Dog Veggie Fruit Milk	27 *Drumstick w/ Mashed Potatoes & Gravy *PB&J/Crackers Veggie Fruit Milk	28 *Beefy Nachos *Italian Sub w/Chips Veggie Fruit Milk	29 *Chicken Patty Sandwich *Taco Salad Veggie Fruit Milk	

Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% within a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



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

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			*Yogurt & Grahams *Cereal & Grahams Fruit Milk	*French Toast *Cereal & Grahams Fruit Milk
*Oatmeal Bar *Cereal & Grahams Fruit Milk	*Chocolate Muffin *Cereal & Grahams Fruit Milk	*Pancakes *Cereal & Grahams Fruit Milk	*Yogurt & Grahams *Cereal & Grahams Fruit Milk	*French Toast *Cereal & Grahams Fruit Milk
*Waffles *Cereal & Grahams Fruit Milk	*Breakfast Pizza *Cereal & Grahams Fruit Milk	*Muffin *Cereal & Grahams Fruit Milk	*Oatmeal Bar *Cereal & Grahams Fruit Milk	*Mini Cinnis *Cereal & Grahams Fruit Milk
NO SCHOOL	*Waffles *Cereal & Grahams Fruit Milk	*Donuts *Cereal & Grahams Fruit Milk	*Oatmeal Bar *Cereal & Grahams Fruit Milk	*Muffin *Cereal & Grahams Fruit Milk
*Pancakes *Cereal & Grahams Fruit Milk	*Frudel *Cereal & Grahams Fruit Milk	*Bagler *Cereal & Grahams Fruit Milk	*Cereal Bar *Cereal & Grahams Fruit Milk	

Fresh Pick Recipe

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/ medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.

freshpick
for better health
by sodexo



Meal Prices for February 20 Days Month Totals

This school participates in Breakfast in the Classroom **BREAKFAST FREE TO ALL STUDENTS**
Full Pay Lunch \$38.00 Reduced Pay Lunch \$8.00

Nutrition Information is available upon request.