

# Elementary Breakfast & Lunch B 2024

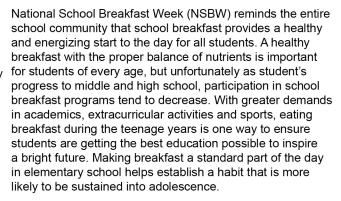




#### **National School Breakfast Week**

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- · Reach higher levels of achievement in math
- Score higher on standardized tests
- · Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- · Maintain a healthy weight





odexo 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 MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				NO SCHOOL
*Pancake Stick *Cereal & Grahams Fruit Milk	*Frudel	*Oatmeal Bar	*Pancakes	*Muffin
	*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams
	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk
*Glazed Donut Holes *Cereal & Grahams Fruit Milk	*Muffin	*Oatmeal Bar	*Yogurt & Grahams	*Bagler
	*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams
	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk
*French Toast	*Oatmeal Bar	*Glazed Donut	*Frudel	*Cinn Mini's
*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams	*Cereal & Grahams
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
*Pancake Stick *Cereal & Grahams Fruit Milk	*Waffles *Cereal & Grahams Fruit Milk	*Bagler *Cereal & Grahams Fruit Milk	*Frudel *Cereal & Grahams Fruit Milk	NO SCHOOL

### Fresh Pick Recipe

# RADISH AND CUCUMBER BRUSCHETTA

- 4 tablespoons olive oil, divided
- 8 large radishes (or 16 medium to small), sliced
- 1/2 cucumber (seedless), sliced in half moon rounds
- 1 garlic clove, sliced (optional)
- salt and pepper to taste
- 8 slices of french bread, 1/4" to 1/2" thick
  2 tablespoons lemon juice
- 2 tablespoons parsley
- 1/2 teaspoon dill
- Prepare ingredients as directed.
- In small sauté pan add 1 to 2 tablespoons of olive oil, sliced garlic (if using), and sliced radishes.
- Sauté for 5 minutes and then add the cucumbers and sauté for an additional 2 to 3 minutes. Add salt and pepper to taste.
- 4. Place bread slices on baking pan.
- Combine equal parts of lemon juice and olive oil and brush on the bread. Sprinkle the fresh parsley on the bread.
- 6. Broil bread in oven until golden and crispy.
- 7. To serve, place a serving of the radish and cucumber mixture on each piece of toast and gamish with dill. This is delicious served warm or at room temperature.



## Meal Prices for March 19 Days Month Totals

This school participates in Breakfast in the Classroom **BREAKFAST FREE TO ALL STUDENTS**Full Pay Lunch \$36.10 Reduced Pay Lunch \$7.60

