

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**

Hot Dog  
Fruit  
Veggie & Milk

**2**

Green Eggs & Ham  
w/ Cinnamon Roll  
Fruit, Veggie & Milk

DR. SUESS DAY !

**3**

Cheeseburger  
Fruit  
Veggie & milk

Daily offerings of fruit and vegetables. Menus are subject to change

**6**

NO SCHOOL

**7**

Chicken Tenders  
Fruit  
Veggie & Milk

**8**

Soft Chicken Taco  
Fruit  
Veggie & Milk

**9**

Chicken Gravy w/  
Mashed Potato & Roll  
Fruit & Milk

**10**

NO SCHOOL

**13**

NO SCHOOL

**14**

Grilled Cheese w/  
Tomato Soup  
Fruit & Milk

**15**

Orange Chicken w/ Rice  
Fruit  
Veggie & Milk

**16**

Crispy Chicken Sandwich  
Fruit  
Veggie & Milk

**17**

NO SCHOOL

**20**

NO SCHOOL

**21**

Corn Dog  
Fruit  
Veggie & Milk

**22**

Chili & Cinnamon Roll  
Fruit  
Veggie & Milk

**23**

Baked Penne Pasta  
Fruit  
Veggie & Milk

**24**

Cheese Nachos  
Fruit  
Veggie & Milk

**27**

NO SCHOOL

**28**

NO SCHOOL

**29**

NO SCHOOL

**30**

NO SCHOOL

**31**

NO SCHOOL

## 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

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adulthood.



Today's children are growing healthful habits and becoming more active and healthy as a result of the NSBW. Thank you to all who make this possible.

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### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3/1/23 Cereal Juice or Fruit Milk	3/2/23 Yogurt & Graham Crackers Fruit or Juice Milk	3/3/23 Biscuit & Egg Sandwich Juice or Fruit Milk
3/6/23 NO SCHOOL	3/7/23 Waffles Fruit or Juice Milk	3/8/23 Cereal Fruit or Juice Milk	3/9/23 Blueberry Muffin Juice or Fruit Milk	3/10/23 NO SCHOOL
3/13/23 NO SCHOOL	3/14/23 Biscuit w/ Jelly Fruit or Juice Milk	3/15/23 Breakfast Pizza Fruit or Juice Milk	3/16/23 French Toast Juice or Fruit Milk	3/17/23 NO SCHOOL
3/20/23 NO SCHOOL	3/21/23 Waffles Fruit or Juice Milk	3/22/23 Cereal Fruit or Juice Milk	3/23/23 Banana Muffin Fruit or Juice Milk	3/24/23 Mini Bagel Juice or Fruit Milk
3/27/23 NO SCHOOL	3/28/23 NO SCHOOL	3/29/23 NO SCHOOL	3/30/23 NO SCHOOL	3/31/23 NO SCHOOL

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 1/2 tbsp olive oil
- 1/4 onion (small dice)
- 1/2 celery (sliced thin)
- 2 carrots (1" slices)
- 1 c plus 2 tbsp water (added)
- 1 1/2 apples (peeled & sliced dice)
- 1 tbsp honey
- 2 tbsp orange juice
- 1 tbsp cornstarch
- salt and pepper to taste
- 2 tbsp parsley (chopped)

1. Prepare ingredients as directed.
2. In medium sauté pan, sauté onion and celery in the olive oil for 2 minutes until tender.
3. Add 1" of water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Nutrition information is available upon request.