

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1  
Mozzarella String Cheese  
Fruit Snack

2  
Breakfast Bar  
Milk

3  
Cheese Cubes  
Flatbread

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

6  
Mozzarella String Cheese  
Crackers

7  
Cheez-it Crackers  
Juice

8  
Yogurt  
Graham cracker

9  
Uber Bar  
Milk

10  
NO SCHOOL

13  
Muffin  
String Cheese

14  
Sun Chips  
Juice

15  
String Cheese  
Fruit Snacks  
Fruit

16  
Breakfast Bar  
Milk

17  
NO SCHOOL

20  
Pretzels  
Cheese Cubes

21  
Crackers  
Juice

22  
Yogurt  
Graham Crackers

23  
Uber Bar  
Milk

24  
Crackers  
String Cheese

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 adolescence.



Today's children are growing healthful habits and becoming more active. With school breakfast, they're getting the nutrition they need to succeed.

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## Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few female pioneers who have changed the way we look at food.

**Ruth Fertel** was best known for her contributions as the founder of Ruth's Chris Steak House. In 1965, she realized she needed to earn more money to send her sons off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Ruth's Steak House. Today, there are more than 80 Ruth's Chris Steak House locations in the U.S. and overseas.

**Julia Child** was a famous chef, author and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

**Buwei Yang Chao** was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

**Alice Waters** is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free from pesticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

**Edna Lewis** was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Carl's Nicholson and served William Faulkner, Marion Brandt, Eleanor Roosevelt and more.

Our food service facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergens, go to <http://www.foodallergy.org/>.

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 1/2 lb. olive oil
- 1/2 onion (small size)
- 1/2 celery (sliced thin)
- 2 carrots (1 slice)
- 1 c. plus 2 Tbsp. water (drained)
- 1 1/2 apples (peeled & sliced)
- 1 Tbsp. honey
- 2 Tbsp. orange juice
- 1 Tbsp. cornstarch
- salt and pepper to taste
- 2 Tbsp. parsley (sliced)

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 C. 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.

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Support a healthy community built on food, fitness, and fun. Visit [www.nsbw.gov](http://www.nsbw.gov) for more information.

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### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 1/2 lb (or olive oil)
- 1/2 cup (or small cube)
- 1/2 cup celery (sliced thin)
- 2 carrots (1" slices)
- 1 cup (plus 2 Tbsp water added)
- 1 1/2 apples (unpeeled or large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium sauté pan, sauté onions and celery in the 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 Tbsp water and add to the pan.
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### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 1/2 lb. apple (diced)
- 1/2 lb. carrot (diced)
- 1/2 lb. celery (diced)
- 2 carrots (1" slices)
- 1 c. plus 2 Tbsp. water (divided)
- 1 1/2 c. applesauce (unsweetened)
- 1 Tbsp. honey
- 2 Tbsp. orange juice
- 1 Tbsp. cornstarch
- salt and pepper to taste
- 2 Tbsp. parsley (diced)

1. Prepare ingredients as directed.
2. In medium sauté pan, sauté onions and celery in the oil for 2 minutes until tender.
3. Add 1 C. 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.

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Today's children are growing healthful habits and becoming more active and healthy as a result of the National School Breakfast Program.

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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 lb (or olive oil)
- 1/4 cup onion (medium dice)
- 1/2 cup celery (sliced thin)
- 2 carrots (1" slices)
- 1 cup plus 2 Tbsp water (or broth)
- 1 1/2 cup apples (unpeeled & 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.