

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
MEATBALL SUB OR HAM & CHEESE GRINDER	CHICKEN NUGGETS ROLL OR PROTEIN YOGURT BOX	HYBRID DAY "MEALS TO GO" OFFERED 11:00-1:00 STRATFORD, WOOSTER, JOHNSON, FRANKLIN, 2ND HILL LANE, WHITNEY AND WILCOXSON	BACON CHEESEBURGER OR CHEF SALAD/ROLL	CHEESE PIZZA OR AMERICAN SUB

8	9	10	11	MEAL REQUIREMENTS Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain, Veggie, Fruit, Milk ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE! 
BRUNCH FOR LUNCH FRENCH TOAST STICKS, SAUSAGE LINKS SYRUP OR TURKEY & CHEESE SANDWICH	HOT DOG W/ CHIPS OR CHICKEN CAESAR SALAD ROLL	HYBRID DAY MEALS TO GO PICK UP 11:00-1:00 STRATFORD HIGH, WOOSTER, JOHNSON, FRANKLIN, WHITNEY, WILCOXSON, 2ND HILL LANE	MACARONI & CHEESE ROLL OR BOLOGNA & CHEESE SANDWICH	

	16	17	18	19
	CHICKEN TENDERS W/ ROLL OR ITALIAN SUB	HYBRID DAY MEALS TO GO 11:00-1:00 STRATFORD HIGH, WOOSTER, JOHNSON, FRANKLIN, WILCOXSON, WHITNEY, 2ND HILL	CHEESEBURGER/ROLL OR CHEF SALAD/ROLL	PERSONAL CHEESE PIZZA OR BAGEL YOGURT MEAL

22	23	24	25	26
BAKED FRIED DOUGH W/SAUCE OR AMERICAN SUB	CHICKEN PATTY WITH MELTED CHEESE OR PEPPI PIZZA SALAD	HYBRID DAY REMOTE FEEDING 11:00-1:00 STRATFORD HIGH, WOOSTER, JOHNSON, FRANKLIN, WILCOXSON, WHITNEY, 2ND HILL LANE	PASTA W/ MEATSAUCE GARLIC BREAD OR TURKEY & CHEESE ON SOFT ROLL	CHEESE PIZZA OR CHICKEN CAESAR SALAD/ROLL

--	--	--	--	--

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% with 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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POPART GRAHAM CRACKERS FRUIT	CEREAL W/ MILK GRAHAM CRACKERS FRUIT MILK		MINI CINNIS GRAHAM CRACKERS FRUIT MILK	MINI WAFFLES FRUIT MILK
CEREAL W/ MILK GRAHAM CRACKERS FRUIT MILK	MUFFIN GRAHAM CRACKERS FRUIT MILK		MINI CINNI'S GRAHAM CRACKERS FRUIT MILK	WINTER BREAK
WINTER BREAK	CEREAL W/ MILK GRAHAM CRACKERS FRUIT MILK		BAGEL W/ CREAM CHEESE FRUIT MILK	OATMEAL CHIP BAR GRAHAM CRACKERS FRUIT MILK
POPART GRAHAM CRACKERS FRUIT MILK	MINI PANCAKES SYRUP FRUIT MILK		MUFFIN GRAHAM CRACKER FRUIT MILK	POPART GRAHAM CRACKERS FRUIT MILK

Fresh Pick Recipe

BOWTIE LASAGNA

- 1 lb bow tie pasta (cooked according to package directions)
- 2 tablespoons olive oil
- 1/2 cup onion, diced
- 3 garlic cloves, minced
- 1 lb ground turkey (or ground beef)
- 1 lb 9 oz jar of marinara sauce
- 1 14.5 oz can of tomatoes
- 1/2 cup fresh basil
- salt and pepper to taste
- 16 oz low fat cottage cheese
- 1/2 cup Parmesan cheese, grated
- 1 egg
- 2 tablespoons fresh parsley
- 1 cup mozzarella cheese, grated

- 1 Prepare all ingredients as directed
- 2 In medium saucepan, sauté onions, garlic, and turkey until no longer pink.
- 3 Add marinara sauce, tomatoes, basil, and salt and pepper. Simmer meat sauce for 10 minutes.
- 4 In medium bowl, mix cottage cheese, Parmesan, egg, and parsley.
- 5 Spray a casserole dish with cooking spray. Place cooked pasta in the pan. Spoon the sauce over the pasta.
- 6 Evenly divide the cheese mixture over the sauce. Finish with the mozzarella.
- 7 Cover pan with foil and bake for 20 minutes in preheated 375 degree oven.
- 8 Remove foil and place back in the oven for 10 minutes.

