

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
CHEESEBURGER /ROLL
POTATO CHIPS
OR
TURKEY & CHEESE SANDWICH

2
"DR. SUESS'S BIRTHDAY"
CHICKEN NUGGETS
W/ ROLL
OR
CHEF SALAD/ROLL
ONE FISH, TWO FISH GRAHAM
CRACKERS

Celebrate
Dr. Seuss
Day!

4
COWBOY MACARONI
ELBOWS W/ MEATSAUCE
OR
CHICKEN BLT SALAD/ROLL

5
CHEESE PIZZA
OR
TUNA SALAD SUB

8
GRILLED CHEESE
OR
HAM & CHEESE ON A SOFT ROLL

9
NATIONAL MEATBALL DAY
MEATBALL SUB
OR
CHICKEN CAESAR SALAD/ROLL

10
HYBRID DAY

11
MACARONI & CHEESE
ITALIAN BREAD
OR
AMERICAN SUB

12
PERSONAL PIZZA
OR
BAGEL YOGURT MEAL

15
HOT DOG W/ CHIPS
OR
ITALIAN SUB

16
FRIED DOUGH W/ SAUCE
OR
CHEF SALAD/ROLL

17
HYBRID DAY

18
POPCORN CHICKEN BOWL
MASHED POTATO
CORN & GRAVY
OR
PEPPI PIZZA SALAD

19
CHEESE PIZZA
OR
TURKEY & CHEESE SUB

22
CHICKEN TENDERS
W/ ROLL
OR
BOLOGNA & CHEESE SANDWICH

23
CHICKEN PATTY W/
CHEESE AND BACON
OR
CHEF SALAD

24
HYBRID DAY

25
"NATIONAL WAFFLE DAY"
WAFFLES W/ SAUSAGE LINKS
OR
SALAMI & CHEESE ON SOFT ROLL

26
CHEESE PIZZA
OR
TUNA SALAD PLATE /ROLL

29
BEEF EMPANADA
W/ SALSA
OR
CHICKEN BLT SALAD

30
CHEESEBURGER ON ROLL
OR
TURKEY & CHEESE SUB

31
HYBRID DAY

IMPORTANT NEWS
TAKE ADVANTAGE OF OUR
"MEALS TO GO"
EVERY TUESDAY YOUR STUDENT
CAN BRING HOME
A "FREE BREAKFAST AND
LUNCH"
FOR WEDNESDAY.
YOU MUST PRE ORDER VIA
GOOGLE DOCS FORM ON THE

CONTINUED:
BOARD OF EDUCATION WEBSITE
OR BY CALLING
203-385-4214
BY NOON ON MONDAY'S

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.



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

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 Chris' Steak House. Today, there are more than 80 Ruth 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 Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

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

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

