

MONDAY



TUESDAY



WEDNESDAY

Menu is Subject to Change Due to Product Availability

THURSDAY



FRIDAY

1
Cold Entrée
American Sub
Hot Entrée
Chicken Nuggets & Pancakes Bites w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

VEGETARIAN ENTREES AVAILABLE UPON REQUEST

4
Cold Entrée
Chicken Caesar Wrap
Hot Entrée
Bean & Cheese Nachos
Seasonal Garden Bar
1% White or NF Chocolate Milk

5
Cold Entrée
Turkey & Cheese Salad w/ Crackers
Hot Entrée
Orange Chicken
Over Rice
Seasonal Garden Bar
1% White or NF Chocolate Milk

6
Cold Entrée
Italian Sub
Hot Entrée
Cheesy Breadsticks w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

7
Cold Entrée
Bagel & Yogurt Box
Hot Entrée
Hot Dog w/ Baked Beans w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

8
Cold Entrée
Pizza Bento Box
Salad
Hot Entrée
Cheeseburger & Tater Tots w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

FRESH FRUIT & VEGETABLE BAR, LOW FAT/FAT FREE MILK & 100% JUICE OFFERED DAILY.

11
Spring Break

12
Spring Break

13
Spring Break

14
Spring Break

15
Spring Break

ALLERGY FREE MEALS AVAILABLE UPON REQUEST W/ MEDICAL ACCOMODATION.

18
Cold Entrée
Ham & Cheese Sandwich
Hot Entrée
Walking Tacos w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

19
Cold Entrée
Beef Fiesta Salad w/ Chips
Hot Entrée
Cheesy Breadsticks w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

20
Cold Entrée
Italian Sub
Hot Entrée
Sloppy Joes & Baked Beans w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

21
Cold Entrée
Pizza Box
Macaroni & Cheese w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

22
Half Day Fun on The Run Lunch

PAYMENT: 1) Send cash or check with student. 2. Pay online with credit or debit card@acsd1.org.

25
Cold Entrée
Turkey & Cheese Sandwich
Hot Entrée
Chicken Drumstick & Broccoli & Biscuit w/
Seasonal Garden Bar
1% White or NF Chocolate

26
Cold Entrée
Crispy Chicken Salad
Hot Entrée
Soft Beef Taco & Refried Beans w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

27
Cold Entrée
Yogurt & Bagel Box
Hot Entrée
Beefy Totoshos w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

28
Cold Entrée
Italian Flatbread Sandwich
Hot Entrée
Baked Penne Pasta w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

29
Cold Entrée
Fruit & Yogurt Parfait
Hot Entrée
Soft Pretzel w/ Cheese Sauce w/
Seasonal Garden Bar
1% White or NF Chocolate Milk

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.

liffosplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1</u> <i>Breakfast Scone Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>
<u>4</u> <i>Mini French Toast Bites Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>5</u> <i>Ham & Cheese Bagel Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>6</u> <i>Blueberry Muffin Top Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>7</u> <i>Chicken Pancake Fritters Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>8</u> <i>Biscuit and Gravy Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>
<u>11</u> <i>Spring Break</i>	<u>12</u> <i>Spring Break</i>	<u>13</u> <i>Spring Break</i>	<u>14</u> <i>Spring Break</i>	<u>15</u> <i>Spring Break</i>
<u>18</u> <i>Mini French Toast Assorted Cereal & Cheese Stick Seasonal Fruit or Juice</i>	<u>19</u> <i>Breakfast Scone Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>20</u> <i>WG Raised Donut Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>21</u> <i>English Muffin Sandwich Assorted Cereal & Cheese Stick Assorted Fruit & Juice</i>	<u>22</u> <i>Mini Waffles Assorted Cereal & Cheese Stick Assorted Fruit & Juice</i>
<u>25</u> <i>Pancakes Bites Assorted Cereal & Cheese Stick Assorted Fruit & Juice</i>	<u>26</u> <i>Egg & Cheese Flat- bread Assorted Cereal & Cheese Stick Assorted Fruit & Juice</i>	<u>27</u> <i>Breakfast Pizza Assorted Cereal & Cheese Stick Assorted Fruit & Juice</i>	<u>28</u> <i>Chicken & Waffle Stacker Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice</i>	<u>29</u> <i>WG Cinnamon Roll Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice 1% White or NF Chocolate</i>

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

SCHOOL MEAL PRICES 2023-2024

Breakfast Full Pay: \$1.75, Adults: \$2.75; Breakfast Reduced: \$.30

Lunch Full Pay: \$ 3.00, Adults: \$ 4.50, Lunch Reduced: \$.40

Second Entrée: \$2.00; Milk & Juice \$.50

No charge for extra fruits & vegetables with the purchase of a meal.



St. Patrick's Day



Nutrition Information is available upon request.

