

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Cheeseburger Diced Peaches Potato Wedges Variety Milk	2 Grilled Cheese Mixed Fruit Beans Variety Milk	3 Crispy Chicken Wrap Diced Peaches Corn Variety Milk
6 Turkey Bacon Wrap Green Beans Diced Peaches Variety Milk	7 Chicken Burger Green Beans Mixed Fruit Variety Milk	8 Cheeseburger Celery Sticks Diced Pears Variety Milk	9 Corn Dog Baby Carrots Apple Variety Milk	10 Cheese Stuffed Breadstick Cucumbers Applesauce Variety Milk
13 Chicken Nuggets Applesauce Broccoli Variety Milk	14 Turkey & Cheese Sandwich Apple Roasted Corn Variety Milk	15 Cheeseburger Potato Wedges Diced Peaches Variety Milk	16 Hot Dog Mixed Veggies Mixed Fruit Variety Milk	17 Grilled Cheese Apple Green Beans Variety Milk
20 Ham & Cheese Sandwich Apple Green Beans Variety Milk	21 Cheese Filled Breadstick Diced Pears Corn Variety Milk	22 Cheeseburger Diced Peaches Celery Sticks Variety Milk	23 Chili Dog Mixed Fruit Baked Beans Variety Milk	24 Bean & Cheese Burrito Oranges Baby Carrots Variety Milk
27 Chicken Nuggets Applesauce Corn Variety Milk	28 Chicken Quesadilla Diced Pears Cucumbers Variety Milk	29 Cheeseburger Peaches Potato Spirals Variety Milk	30 Corn Dog Mixed Fruit Baby Carrots Variety Milk	31 Chicken Burger Mixed Veggies Oranges Variety 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.

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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 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

WHITE BEAN AND JICAMA SALAD (SERVES 4)

- 3/4 cup and 1/2 Tbsp cannellini beans
- 2 3/8 tsp raw lemon peel
- 3 Tbsp and 5/8 tsp cilantro
- 3/4 cup and 1/2 Tbsp jicama
- 3 Tbsp and 5/8 tsp sweet red pepper (diced)
- 1 Tbsp and 1 3/4 tsp lemon juice
- 1 Tbsp and 1 3/4 tsp canola/olive oil blend

1. Rinse and drain beans.
2. Zest lemons.
3. Wash cilantro and pat dry. Pull leaves off the stem and roughly chop.
4. Peel and dice jicama.
5. Dice red pepper.
6. Combine lemon zest, lemon juice and oil in a non-reactive bowl. Whisk until thoroughly combined.
7. Gently stir in beans, jicama, peppers and cilantro. Allow at least 30 minutes for flavors to meld.

NUTRITION FACTS:
148 calories, 5.86g fat,
110mg sodium, 6.37g fiber



Nutrition Information is available upon request.

