THE clubhouse @ McDowell Mountain Elementary

MAR 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beefy Macaroni Turkey & Cheese Sub Sandwich Broccoli Chilled Applesauce	**2** Cheese or Pepperoni Pizza on WG Crust Yogurt, Crackers and Fruit Strawberries Celery Sticks	**3** Chicken Nuggets w/ Roll Chicken Caesar Salad Baby Carrots Fresh Apple	**4** Char-Broiled Cheeseburger FoodiE Turkey Sub Chilled Peaches Garden Peas	**5** Chicken Patty Burger on WG Bun American Style Sub Orange Smiles Fresh Cucumbers
8 Stuffed Breadsticks w/ Marinara Sauce Italian Style Sub Box Chilled Applesauce Carrots	**9** Cheese or Pepperoni Pizza on WG Crust Greek Turkey Salad w/ WG Roll Fresh Apple Garden Peas	**10** Chicken Patty Burger on WG Bun Foodie Turkey Sub Box Orange Wedges Green Beans	**11** Hamburger on WG Bun Turkey Sub on WG Bun Chilled Pears Baby Carrot	**12** Cheese or Pepperoni Pizza on WG Crust Turkey Ham Sub on WG Bun Orange Smiles Veggies
15 No School Spring Break March 15-19 Returning On 3/22/2021	**16** All meals are Free for Breakfast & Lunch To All Students 18 and under			
22 Chicken Patty Burger on WG Bun FoodiE Turkey Ham Sub on WG Bun Chilled Pears Carrots	**23** Chicken Nuggets w /WG Roll Protein Power Up Box Chilled Mixed Fruit Baby Carrots	**24** Teriyaki Popcorn Chicken over Brown Rice American Sub on WG Bun Fresh Apple Broccoli	**25** Char-Broiled Cheeseburger on WG Bun Chef Salad w/ WG Roll Fresh Orange Smiles Mixed Salad Greens	**26** Cheese or Pepperoni Pizza on WG Crust Turkey & Cheese Sub Box Chilled Applesauce Sliced Cucumbers
29 Breakfast for Lunch Waffles and Nuggets Yogurt, Crackers, String Cheese Fresh Apple Celery Sticks	**30** Cheese or Pepperoni Pizza on WG Crust FoodiE Turkey Sub Box Chilled Peaches Golden Corn	**31** Taco's w/ Cheese Italian Style Sub on WG Bun Apple Juice Tartor Tots	4/1 Bean & Cheese Burrito Grilled Cheese Turkey Ham & Cheese Sub on WG Bun Fresh Orange Smiles Carrots	No School

This institution is an equal opportunity provider.

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pop Tart Cereal w/ String Cheese Cranberries	Mini Pancake Bites Ultimate Breakfast Round Chocolate Chip Oatmeal Mixed Fruit	Bagel WG w/ Cream Cheese Cereal w/ Mozzarella Stick Orange Smiles	Breakfast Burrito Banana Nut or Blueberry WG Muffin Pears	WG Breakfast Pizza Apple Frudel Apple Juice
Cereal Bar w/ String Cheese Blueberry Muffin Applesauce	Breakfast Cereal w/ String Cheese Ultimate Breakfast Round	French Toast Sticks Cini Minis Fresh Orange Smiles	Breakfast Sandwich on WG English Muffin Breakfast Cereal w/ String Cheese	Yogurt w/ Graham Crackers Cinin Mini Cranberries
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Breakfast Cereal w/ String Cheese Blueberry Muffing w/ String Cheese	Breakfast on A Stick Apple Frudel Mixed Fruit	Banana Muffin Mini Waffle Bites Grape Juice	Breakfast Sandwich Breakfast Cereal w/ Mozzarella Cheese Fresh Orange Smiles	Ultimate Breakfast Round Oatmeal Chocolate Chip Yogurt, Graham
Nutri-Grain Bar Cereal w/ String Cheese Orange Juice	Breakfast Pizza Cini Minis Fresh Apple	Breakfast Cereal Bar w/ Cheese Stick French Toast Sticks Applesauce	Breakfast Cereal w/ String Cheese Ultimate Breakfast Round	No School

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/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 saucepan sauté onions 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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Nutrition Information is available upon request.