THE clubhouse @

East Orange K-5 Menu

FEB 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **National Tater Tot day!!!** Grilled Cheese with tomato soup Tater Tots w/ chili and cheese Steamed Carrot Coins	**4** **Taco Tuesday's** Chicken & Cheese Taquitos with salsa Sizzlin' Fajitas (beef or chicken) Vegetarian Refried Beans Rice	**5** Mozzarella Sticks with marinara sauce Chicken BLT Sandwich Garlic Sauteed Spinach	**6** Crispy Chicken Bowl with mashed potatoes & corn Hot Turkey Sub Mashed Potatoes Golden Corn	**7** Big Daddy's Pizza (Cheese & Turkey Pepperoni) Green Pepper Strips Fruit Treat
2/3-2/7: Turkey Club Sandwich, Fiesta Salad with tortilla chips, Peanut / Sun Butter & Jelly on WW Bread Offered Daily				
10 Turkey Bacon Cheeseburger Loaded Tots with buttermilk biscuit Waffle Fries	**11** Sloppy Joe on a Bun Chicken Tenders with dinner roll Oven Baked French Fries	**12** **Pasta Pronto!!!** Spaghetti & Meatballs w/ Garlic Roll Chicken Alfredo with Pasta Roasted Broccoli	**13** French Bread Pizza (Cheese Or Turkey Pepperoni) Parmesan Green beans Valentine's Treat HAPPY VALENTINE'S DAY!	 **Administrative Day Schools Closed**
2/10-2/14: Italian Sub, Southern Style Crispy Chicken Salad with Corn Muffin, Peanut /Sun butter on WW bread Offered Daily				
17 **PRESIDENT'S DAY** **School Closed**	**18** **Taco Tuesday's** Nachos Supreme with Cheese & Salsa Grilled Pretzel Melt Southwest Black Beans/ Baked Potato Wedges	**19** Penne Pasta with Italian Meatsauce Chicken Patty Sandwich Caesar Side Salad	**20** Chicken Nuggets with soft pretzel stick Steak & cheese w/ Peppers & Onions Seasoned Corn	**21** Big Daddy's Pizza (Cheese or Turkey Pepperoni) Cucumber Coins Fruit Treat
2/17-2/21: Turkey & Cheese Sub, Garden Salad with dinner roll, Peanut/Sun butter & Jelly on WW bread Offered Daily				
24 Stuffed Breadstick with marinara sauce Mini Cheeseburger Sliders Citrus Glazed Carrots	**25** **Taco Tuesday's** Twin Tacos with Rice & Beans Hot Diggity Dog Waffle Fries	**26** Old Fashioned Mac & Cheese Chicken Parm Sandwich Steamed Broccoli & Sliced Tomatoes	**27** **Black History & National Chili Day Celebration!** **Roasted Chicken in a basket with Buttermilk biscuit & Tater tots** **Chili bowl w/ Beans & Cheese**	**28** Mini Personal Pizza (Cheese or Turkey Pepperoni) Steamed Green Beans Fruit Treat
2/24-2/28:Turkey Ham & Cheese Sub, Turkey Club Salad with dinner roll, Peanut/Sun butter & Jelly on WW bread Offered Daily				
	Thrive Garden Bar **Daily:** Romaine or Spinach Salad **Monday:** Carrot Sticks **Tuesday:** Chilled Corn Salad **Wednesday:** Broccoli Dippers **Thursday:** Bean Salad & Carrots **Friday:** Celery Sticks		All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1%, or fat-free flavored)	

This institution is an equal opportunity provider.

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.

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg Patty w/ cheese & turkey sausage on Bun **Bkfst in Classroom:** Mini Loaf	Scrambled Eggs w/ hash brown patty **Bkfst in Classroom:** Strawberry Nutrigrain Bar w/ graham cracker	Waffles w/ syrup & turkey sausage link **Bkfst in Classroom:** Mini Blueberry Waffle	French toast sticks w/ syrup & turkey canadian ham **Bkfst in Classroom:** Mini triple-berry french toast	**Birthday Celebration:** Pancake Sandwich w/ sausage, fruit & whipped cream **Bkfst in Classroom:** Confetti pancakes
Egg & Cheese on biscuit **Bkfst in Classroom:** Egg & Cheese Taco	Scrambled eggs w/ turkey canadian ham **Bkfst in Classroom:** Pop tarts w/ graham cracker	Waffles w/ syrup & turkey bacon **Bkfst in Classroom:** Egg,cheese & Turkey sausage taco	French toast w/ syrup & turkey sausage link **Bkfst in Classroom:** Chocolate Chip mini french toast	
	Egg Patty on Bun w/ cheese & Turkey Bacon **Bkfst in Classroom:** Breakfast Sandwich	Waffles w/ syrup & Turkey bacon **Bkfst in Classroom:** Mini Maple Waffles	French Toast Stix w/ syrup & turkey sausage link **Bkfst in Classroom**: Cinnamon French toast	Pancakes w/ syrup & Turkey Bacon **Bkfst in Classroom:** Mini Blueberry Pancakes
Scrambled Eggs w/ Turkey Canadian ham & hashbrowns **Bkfst in Classroom:** Mini Cinnis	Egg Omelet w/ cheese & Turkey Bacon & Biscuit **Bkfst in Classroom:** Mini Blueberry Loaf	Waffles w/ syrup & Turkey bacon **Bkfst in Classroom:** Mini Maple Waffles	French Toast Stix w/ syrup & turkey sausage link **Bkfst in Classroom:** Mini Cinnamon French toast	Pancake w/ syrup turk. Canadian Ham **Bkfst in Classroom:** Mini Strawberry Pancake
Served daily: **Muffin w/ graham** **Bagel w/ margarine,cream cheese & jelly** **Yogurt w/ graham**	**Served Daily:** **Yogurt Parfait** **Pop tart w/ graham** **Cereal w/ graham** **Cereal Bar w/ graham cracker**			

Fresh Pick Recipe

LENTIL SOUP WITH PASTA

(SERVES 8)

- 2 cups lentils
- 1 cup penne pasta
- 1/4 cup yellow onion (diced)
- 1 teaspoon garlic (raw)
- 1/2 cup canned tomato (diced)
- 1/2 cup carrot matchsticks
- 2 tablespoons Parmesan cheese (grated)
- 1 tablespoon dried parsley

Lemon Dressing

- 2 tablespoons unsweetened lemon juice (frozen)
- 1 tablespoon canola/olive oil blend
- 1/4 teaspoon black pepper (ground)
- 1/4 teaspoon kosher salt

1. Prepare lentils and pasta according to recipes.
2. Dice onion 1/4".
3. Mince garlic.
4. Drain tomatoes.
5. Whisk together lemon juice, oil, salt and pepper in a non-reactive bowl until blended.
6. Combine lentils, pasta, onion, carrots and tomatoes with lemon dressing in serving pan.
7. Garnish with parmesan cheese and parsely.

NUTRITION FACTS:
81 **calories**, 3g **fat**,
60mg **sodium**, 3g **fiber**

Nutrition Information is available upon request.

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