THE clubhouse @ Elkhorn Elementary Schools

MAR 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1 - Ham, Cheese & Cracker Kidzable 2 - Cheese Pizza** (V) 3 - French Toast Sticks w/Green Eggs & Ham 4 - Chicken Ranch Wrap Mixed Greens, Carrots, Celery, Peas, Pineapple, Apples & Corn E	**3** 1 - Pepperoni Kidzable 2 - Cheeseburger** 3 - Popcorn Chicken w/Pretzel 4 - Banana Split Parfait (V) Mixed Greens, Carrots, Cucumbers, Spinach, Pears, Oranges & Tater Tots A	**4** 1 - Turkey Kidzable 2 - Chicken Nuggets** 3 - Cheese Quesadilla (V) 4 - Fruit Bowl w/Muffin (V) Mixed Greens, Carrots, Celery, Red Pepper Sticks, Applesauce, Banana & Fries B	**5** 1 - Cinnamon Roll Kidzable (V) 2 - Beef & Cheese Nachos**(V) 3 - Hot Ham & Cheese 4 - Blueberry Parfait (V) Mixed Greens, Carrots, Cucumbers, Cauliflower, Mixed Fruit, Strawberries & Refried Beans C	**6** 1 - Pepperoni Pizza Kidzable 2 - French Bread Pizza (V) 3 - Mini Corn Dogs 4 - Turkey & Cheese Sandwich** Mixed Greens, Carrots, Celery, Broccoli, Grapes, Oranges & Deli Roasted Potatoes D
9 1 - Ham Kidzable 2 - Pepperoni Pizza 3 - Crispy Chicken Sandwich 4 - Sunbutter & Jelly Sandwich** (V) Mixed Greens, Carrots, Cucumbers, Cauliflower, Peaches, Apple & Broccoli w/Cheese E	**10** 1 - Pepperoni Kidzable 2 - Hamburger** 3 - Orange Chicken w/Rice 4 - Double Berry Parfait (V) Mixed Greens, Carrots, Celery, Broccoli, Pears, Oranges & Spiral Fries A	**11** 1 - Turkey Kidzable 2 - Chicken Nuggets ** 3 - Grilled Cheese (V) 4 - Mandarin Chicken Salad Mixed Greens, Carrots, Cucumbers, Cherry Jello, Applesauce, Bananas & Corn B	**12** 1 - Cinnamon Roll Kidzable (V) 2 - Walking Taco** 3 - Mac & Cheese (V) 4 - Strawberry Banana Parfait (V) Mixed Greens, Celery, Zucchini, Carrots, Fruit Mix, Strawberries & Black Beans C	**13** 1 - Pepperoni Pizza Kidzable 2 - Dutch Waffle & Eggs (V) 3 - Fish Sticks 4 - American Sub** Mixed Greens, Cucumbers, Green Pepper Sticks, Carrots, Pineapple, Apples & Green Beans D
16 1 - Ham, Cheese & Cracker Kidzable 2 - Cheese Pizza (V) 3 - Chicken Drumstick 4 - Italian Sub** Mixed Greens, Celery, Carrots, Spinach, Peaches, Oranges & Mashed Potatoes & Gravy E	**17** 1 - Pepperoni Kidzable 2 - Hot Dog** 3 - Beef Tacos 4 - Blueberry Parfait (V) Mixed Greens, Cucumbers, Carrots, Cauliflower, Strawberries, Apples & Broccoli w/Cheese A	**18** 1 - Turkey Kidzable 2 - Chicken Nuggets** 3 - Mozzarella Sticks (V) 4 - Chicken Caesar Salad Mixed Greens, Red Pepper Sticks, Celery, Carrots, Applesauce, Bananas & Fries B		**MEAL REQUIREMENTS** **Must select at least 3 of the 5 offered components:** Meat/Meat Alternative; Grain; Veggie; Fruit; Milk **ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!**
	24 1 - Pepperoni Kidzable 2 - Hamburger** 3 - Beef & Cheese Nachos (V) 4 - Strawberry Parfait (V) Mixed Greens, Celery, Spinach, Carrots, Pears, Oranges & Tater Tots C	**25** 1 - Turkey Kidzable 2 - Chicken Nuggets** 3 - Penne w/Meat Sauce 4 - Fruit Bowl (V) Mixed Greens, Cucumbers, Carrots, Broccoli, Peaches, Apples & Mashed Potatoes D	**26** 1 - Cinnamon Roll Kidzable (V) 2 - Walking Taco 3 - Italian Panini 4 - Banana Split Parfait **(V) Mixed Greens, Cauliflower, Celery, Carrots, Mixed Fruit, Bananas & Black Beans E	**27** 1 - Pepperoni Pizza Kidzable 2 - Hot Dog** 3 - Pizza Sticks (V) 4 - Turkey & Cheese Sandwich Mixed Greens, Carrots, Cucumbers, Celery, Grapes, Oranges & Green Beans A
30 1 - Ham, Cheese & Cracker Kidzable 2 - Cheese Pizza** (V) 3 - Popcorn Chicken w/Pretzel 4 - Chicken Ranch Wrap Mixed Greens, Carrots, Celery, Peas, Pineapple, Apples & Corn B	**31** 1 - Pepperoni Kidzable 2 - Cheeseburger** 3 - French Toast Sticks (V) 4 - Banana Split Parfait (V) Mixed Greens, Carrots, Cucumbers, Spinach, Pears, Oranges & Tater Tots C	**Student Breakfast: $1.50** **Student Lunch: $2.60**		****Daily Gluten Free Option** **(V) - Vegetarian Option Available** ***Menus subject to change**

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.

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Dutch Waffle 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Pancake Sandwich 2 - Assorted Nutrigrain Bar 3 - Assorted Cereal	1 - Cinnamon Roll 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie & Bagel 3 - Assorted Cereal
1 - Bacon, Egg & Cheese Biscuit 2 - Assorted Pop-tarts 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Toast Crunch Pastry 2 - Assorted Muffins 3 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Breakfast Pizza 2 - Fruit Frudel 3 - Assorted Cereal
1 - Sausage & Cheese Biscuit 2 - Nutrigrain Bar & String Cheese 3 - Assorted Cereal	1 - Cocoa Puff Pastry 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Bagels 2 - Assorted Muffins 3 - Assorted Cereal	No School	No School
No School	1 - Bacon Breakfast Pizza 2 - Mini Donuts 3 - Assorted Cereal & Bars	1 - Mini French Toast 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal & Bars	1 - Sausage, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal & Bars	1 - Cinnamon Toast Crunch Pastry 2 - Mini Bagel 3 - Assorted Cereal & Bars
1 - Dutch Waffle 2 - Assorted Yogurt 3 - Assorted Cereal & Bars	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal & Bars			

Fresh Pick Recipe

EGG WHITE OMELETTE WITH SPINACH OR CHARD

(MAKES 1 OMELETTE)

- 2 teaspoons olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.

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Nutrition Information is available upon request.

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