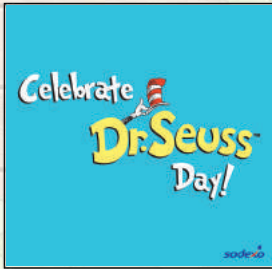


MONDAY



TUESDAY



WEDNESDAY

1

Breakfast:
Egg & Cheese Breakfast Sandwich (v)

Lunch:
Bean and Cheese Nachos (v)
Chicken Sandwich
Italian Sub

THURSDAY

2

Breakfast:
Pancakes with Syrup (v)

Lunch:
Baked Penne Pasta (v)
Chicken Nuggets with WG Roll
American Sandwich

FRIDAY

3

Breakfast:
Fruit Muffin (v)

Lunch:
Homemade Cheese Pizza (v)
Fish Po Boy Sub with lettuce & Tarter sauce
Sunbutter and Jelly Sandwich (v)

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

6

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Ham & Cheese Sandwich
Chicken & Waffles

7

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)

Lunch:
Mini Cheese Ravioli with WG Roll (v)
Hamburger or Cheeseburger Veggie Burger (v)
Side Veggies: French fries

8

Breakfast:
Sausage & Cheese Breakfast Sandwich

Lunch:
Orange Chicken Rice Bowl
Baked Corn Dog
Chef Salad with WG Rolls

9

Breakfast:
Apple Frudel (v)

Lunch:
Macaroni and Cheese (v)
Fruit & Yogurt Parfait (v)
Garden Salad with Chicken & WG Rolls (v)

10

Breakfast:
French Toast

Lunch:
Homemade Pepperoni Pizza 
Turkey & Cheese Sandwich

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

13

Breakfast:
Waffles with Fruit (v)

Lunch:
Chicken Nuggets with WG Roll
Chef Salad with WG Roll
Sunbutter & Jelly (v)

14

Breakfast:
Turkey Sausage Breakfast Pizza

Lunch:
Turkey Soft Taco
Italian Sub
Hamburger or Cheeseburger Veggie Burger (v)
Side Veggies: Tater Tots

15

Breakfast:
Breakfast Bowl with Toast

Lunch:
Sweet & Sour Chicken Rice Bowl
Hot Dog
Hummus Snack Pack (v)

16

Breakfast:
Brown Sugar Oatmeal with Raisins (v)

Lunch:
Turkey Taco Nachos
Crispy Chicken Wrap
Turkey Taco Salad

17

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Homemade Cheese Pizza (v)
Chicken Caesar Salad with WG Rolls

St. Patrick's Day Treat

All Menus items are subject to availability

20

Breakfast:
Fruit & Yogurt with Graham Cracker (v)

Lunch:
Bean and Cheese Burrito (v)
Hamburger or Cheeseburger Veggie Burger (v)
Side Veggies: French fries

21

Breakfast:
Maple Mini Waffles (v)


Lunch:
Chicken Burger
Sunbutter and Jelly Sandwich (v)

22

No School
March 22nd - March 31st

Have a Great Spring Break!



Ham, sausage, and hot dogs are "Turkey based! Pork items are identified with  icon.




Download on the App Store

Scan to download the So Happy app from the App Store.



So Happy

Sodexo's menu app with nutrition and allergen information!



GET IT ON Google Play

Scan to download the So Happy app from the Google Play Store.

(v) = meatless option

For more detailed nutritional information please go to -- <https://salemkeizersd.sodexomyway.com>

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

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

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



SCHOOL MEAL PRICES:

All Student meals are free for the 2022/23

*school year.

No adult meals are available for purchase at this time*

Nutrition Information is available upon request.