

THINK

[CA]

CHOOSE TO EAT WELL

Union School District
February/March
Lunch Paid \$3.50, Reduced \$.40
Breakfast Paid \$2.00, Reduced \$.30

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** Low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection.

Starts Mondays 1/29, 2/12, 2/26, 3/12, 3/26

MONDAY

Orange Chicken & Rice
Cheesy Italian Dunkers
Deli Ham & Cheddar Sandwich
Crispy Chicken Salad & Roll



TUESDAY

All Natural Turkey Hot Dog
100% Mozzarella Cheese or Pepperoni Pizza
American Sub Sandwich
Fiesta Taco Salad with Chicken & Tortilla Chips



WEDNESDAY

Nachos with Cheese & Beans
Quesadilla
Chicken Corn Dog
Pulled Chicken Caesar Salad & Breadstick



THURSDAY

Breakfast for Lunch
100% Mozzarella Cheese or Pepperoni Pizza
Sun Butter & Jelly Sandwich
Fruit & Yogurt Parfait



FRIDAY

Crispy Chicken Sandwich
Bean & Cheese Burrito
Roasted Turkey & Cranberry Wrap on Lavash
Protein Pack w/ Hardboiled Egg



Starts 2/5, 3/5, 3/19

MONDAY

Chili Cheese Potato & Breadstick
Chicken Nuggets & Breadstick
Deli Ham & Cheddar Sandwich
Pulled Chicken Caesar Salad & Breadstick



TUESDAY

Pasta Alfredo with Chicken & a Breadstick
100% Mozzarella Cheese or Pepperoni Pizza
American Sub Sandwich
Vegetarian Taco Salad & Tortilla Chips



WEDNESDAY

Spaghetti with Chicken Meatballs or All Beef Meat Sauce
Italian Dunkers
Roasted Turkey & Cheddar Sandwich
Yogurt, String Cheese, & Pretzel



THURSDAY

Cheeseburger
100% Mozzarella Cheese or Pepperoni Pizza
Sun Butter & Jelly Sandwich
Fruit & Yogurt Parfait



FRIDAY

100% All Beef Soft Tacos
Crispy Chicken Sandwich
Protein Pack with Sunflower Seeds
Chef Salad & Roll



LOCAL



CLEAN



FRESH



VEGETARIAN

We use menu identifiers in the café to help students recognize **Local, Clean, Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch.



This institution is an equal opportunity provider.

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

BREAKFAST MENU

Weekly Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Mini Loaf & String Cheese Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	Banana or Zucchini Bread Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	WG Mini Loaf & String Cheese Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	Banana or Zucchini Bread Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	WG Mini Loaf & String Cheese Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams

Lunch Garden Bar Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Green Salad Black Beans Cherry Tomatoes Assorted Fresh Fruit Celery Applesauce Raisins	Caesar Salad Green Peas Carrots Assorted Fresh Fruit Jicama Diced Pears Raisins	Green Salad Chick Peas Corn Assorted Fresh Fruit Celery Applesauce Raisins	Caesar Salad Broccoli Pinto Beans Assorted Fresh Fruit Kidney Beans Diced Peaches Raisins	Green Salad Cucumber & Tomato Salad Carrots Assorted Fresh Fruit Celery Mixed Fruit in Juice Raisins

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



Join us in planning your child's school menu

Menu Planning Committee Meeting
Date: Wednesday, February 28, 2018
Time: 6:00pm
Where: Union School District Office