THE clubhouse @

Rise Lunch Menu

MAR 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Dog	2 Cheeseburger on Bun	3 Stuffed Buffalo Chicken Sandwich	4 Cheese Pizza	5 Chicken Nuggets w/ Roll
8 Corn Dog	9 Uncrustable	10 Chicken Fajitas	11 Uncrustable	12 Cheese Pizza
Offered Daily: Fat Free Chocolate Milk with Assorted Fruits and Vegetables				
15 Breakfast Sandwich	16 Italian Sub	17 Uncrustable	18 Stuffed Buffalo Chicken Sandwich	19 Cheeseburger on Bun
22 Cheese Pizza	23 Uncrustable	24 Chicken Nuggets with Roll	25 Cheeseburger on Bun	26 Chicken Patty Sandwich
29 Mozzarella Breadsticks with Sauce	30 Chicken Patty Sandwich	31 Soft Tacos	**Saturday Lunch** Cheese Pizza **Sunday Lunch** Yogurt Bag	

MENU SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.

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

March 2021

MONDAY: Cereal Bar with Graham Crackers

TUESDAY: Muffin with Graham Crackers

WEDNESDAY: Mini Pancakes

THURSDAY: Cereal Bar with Graham Crackers

FRIDAY: Banana Bread Slice

Saturday: Bagel with Cream Cheese
Sunday: Cereal Bowl with Graham Crackers

Fresh Pick Recipe

GLAZED CARROTS
WITH ORANGE SAUCE
(SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS:
57 **calories**, 1g **fat**,
55mg **sodium**, 3g **fiber**

WASH YOUR HANDS

ALL MEALS COME WITH
1% WHITE MILK AND FRUIT JUICE

ALL STUDENTS EAT FREE!

MENU SUBJECT TO CHANGE!

Nutrition Information is available upon request.

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