



# MARCH 2015



## Elementary Breakfast & Lunch Menus

### CHEF MANNY PANDA'S NUTRITION FACTS

**Food and Nutrition Services Director:**

Althea Albert-Santiago, 314-345-4519;

**Director of Dining Services:**

Mike Butler, 314-381-4155

**SFE Associate Director of Nutrition**

**Operations:** Megan Fraley, 314-381-4155



#### March Promotions!

March is **National Breakfast week** (March 2-6<sup>th</sup>) and **National Nutrition Month!**

When it comes to succeeding in school, one of the best places to start is a healthy **breakfast**. Research shows that students who start their day off with a balanced **breakfast** have better ability to focus and thrive. One study showed that students who eat breakfast score 17.5% higher on a standardized math test (Share Our Strength's No Kid Hungry).

As part of this promotion look for the word scramble that will be offered on Tuesday the 3rd. There will also be a **Sausage Croissant Sandwich as a new breakfast item** on the menu on **Friday, March 6th**.



#### PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# Elementary Breakfast

## Fresh Fruit and Juice Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

2- Egg & Potato Breakfast Burrito w/salsa  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Mandarin Oranges

3-Blueberry Muffin (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Diced Pears

4- Cinnamon French Toast w/ syrup (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

5- Oatmeal (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

6- Sausage Croissant Sandwich  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana



9- Apple Frudel (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Diced Pears

10- Egg & Sausage Taco  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

11- Banana Loaf (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

12- Pancakes & Sausage w/ syrup  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine Jelly  
Apple Juice, Sliced Peaches

13- No School

16- Spring Break

17- Spring Break

18- Spring Break

19- Spring Break

20-Spring Break

23- Egg, Sausage, & Cheese Biscuit Sandwich  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

24- Mini Blueberry Pancakes w/Syrup (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

25- Waffles w/ syrup (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

26-Pineapple & Vanilla Yogurt Parfait (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Apple Juice, Diced Pears

27- Breakfast on a Stick w/syrup  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Pineapple Tidbits

30-Colby Cheese Omelet w/ Salsa (v)  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Hash Brown Potato Patty  
Apple Juice, Fresh Oranges

31-Turkey Ham, Egg, & Cheese Quesadilla w/ Salsa  
Assorted Low Sugar Cereal WG (v)  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

**Milk**  
Reduced Fat Milk Variety  
Offered Daily



**Food and Nutrition Services; Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155**  
**SFE Associate Director of Nutrition Operations: Megan Fraley, 314-381-4155**

### Elementary Menu Meal Prices

Second Lunch Meal ..... \$1.10	Second Breakfast Meal ..... \$1.15	
Staff/Adult Lunch ..... \$2.50	Staff/Adult Breakfast..... \$2.25	Milk ..... \$0.40

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and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or on the basis of national origin. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a complaint, please write to the Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410; by fax (202) 720-4500; or by email at oia@usda.gov. For more information, please contact the USDA National Customer Service Center at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for

March 2015



# Elementary Lunch

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

2- Italian Chicken Salad  
Chicken Nuggets w/ Roll  
Baked Rotini w/ Vegetables  
Corn Kernels

3- Chef Salad w/ Roll  
Beef Nachos  
Ranch Chicken Patty Sandwich  
Grilled Cheese (V)  
Cooked Crinkle Cut Carrots

4- Southwest Chicken Salad  
Garlic Chile Chicken Stir Fry w/  
Rice  
Macaroni & Cheese (V)  
Green Peas

5- Turkey & Cheese Sub  
Cheeseburger  
Teriyaki Chicken Salad  
Grilled Cheese (V)  
Fresh Steamed Broccoli

6- Crispy Chicken Salad  
Meatball Sub  
Southwest Veggie Wrap (V)  
Seasoned Potato Wedges

9- Grilled Chicken Garden  
Salad  
Mozz. Cheese Quesadilla (V)  
Spicy Chicken Sandwich  
Mexicorn

10- Pretzel Bun Grilled Cheese  
Sandwich (V)  
Turkey Melt Sandwich  
BBQ Chicken Salad  
Grilled Cheese (V)  
Fresh Steamed Broccoli

11- BBQ Chicken Pizza  
Bean & Cheese Burrito (V)  
Teriyaki Chicken Salad  
Green Beans

12- Chicken Caesar Salad  
Grilled Chicken Wrap  
Spaghetti w/ Meatballs  
Grilled Cheese (V)  
5-Way Mixed Vegetables

13- No School

16- Spring Break

17- Spring Break

18- Spring Break

19- Spring Break

20- Spring Break

23- Turkey Taco Salad  
Orange Chicken w/ Rice  
Grilled Cheese Sandwich &  
Tomato Soup (V)  
Cooked Crinkle Cut Carrots

24- Teriyaki Chicken Salad  
Chicken Burrito  
Turkey & Cheese Sub  
Grilled Cheese (V)  
Corn Kernels

25- Crispy Chicken Salad  
Meatloaf w/ roll  
Baked Rotini w/ vegetables  
and breadstick (V)  
Fresh Steamed Broccoli

26- Chicken Caesar Salad  
Garlic Chile Chicken Stir Fry  
Hamburger  
Grilled Cheese (V)  
5-Way Mixed Vegetables

27- Grilled Chicken Garden  
Salad  
Cheese Pizza (V)  
Fish Nuggets  
Green Beans

30- Italian Chicken Salad  
Mozz. Cheese Quesadilla  
Beef Ravioli w/ roll  
Fresh Steamed Broccoli

31- Turkey Taco Salad  
Chicken Tenders w/ Roll  
Garlic & Herb Chicken Rotini  
w/ breadstick (V)  
Tater Gem

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Menu is subject to change  
SLPS is a pork-free district  
All recipes made with whole grains  
Vegetarian items (V)

**Milk**  
Reduced Fat Milk Variety  
Offered Daily

