

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Bagel W/ Cream Cheese
Lunch:
Cheeseburger
Includes Fruits, Vegetables & Milk

2

Breakfast:
Ultimate Breakfast Round
Lunch:
All-American Sandwich
Includes Fruits, Vegetables & Milk

3

****All Meals**
Free to All Students
Through June 2021
Check District Website
for more details!**

4

Breakfast:
Bagel w/ Cream Cheese
Lunch:
Cheeseburger
Includes Fruits, Vegetables & Milk

5

Breakfast:
Ultimate Breakfast Round
Lunch:
All-American Sandwich
Includes Fruits, Vegetables & Milk

8

Breakfast:
Cereal Bar
Lunch:
Chicken Burger
Includes Fruits, Vegetables & Milk

9

Breakfast:
Yogurt W/ Graham Crackers
Lunch:
Turkey Sandwich
Includes Fruits, Vegetables & Milk

10

****Pre-Order**
Your Take-Home Meals
on the District Website
under
Nutrition Services**

11

Breakfast:
Cereal Bar
Lunch:
Chicken Burger
Includes Fruits, Vegetables & Milk

12

***NO*
SCHOOL

Snow Make-Up Day**



President's Day
NO SCHOOL

16

Breakfast:
Ultimate Breakfast Round
Lunch:
All-American Sandwich
Includes Fruits, Vegetables & Milk

17

****All Meals**
Free to All Students
Through June 2021
Check District Website
for more details!**

18

Breakfast:
Bagel W/Cream Cheese
Lunch:
Cheeseburger
Includes Fruits, Vegetables, & Milk

19

Breakfast:
Ultimate Breakfast Round
Lunch:
All- American Sandwich
Includes Fruits, Vegetables & Milk

22

Breakfast:
Cereal Bar
Lunch:
Chicken Burger
Includes Fruits, Vegetables & Milk

23

Breakfast:
Yogurt W/ Graham Crackers
Lunch:
Turkey Sandwich
Includes Fruits, Vegetables & Milk

24

****Pre-Order**
Your Take-Home Meals
on the District Website
under
Nutrition Services**

25

Breakfast:
Cereal Bar
Lunch:
Chicken Burger
Includes Fruits, Vegetables & Milk

26

Breakfast:
Yogurt W/ Graham Crackers
Lunch:
Turkey Sandwich
Includes Fruits, Vegetables & Milk



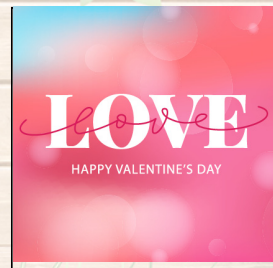
celebrate
BLACK HISTORY



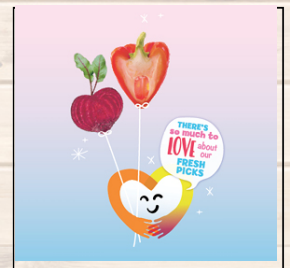
IT'S AMERICAN HEART MONTH!



Happy VALENTINE'S Day
14 FEBRUARY



LOVE
HAPPY VALENTINE'S DAY



THERE'S NO SUCH THING AS FREE FRESH PICKS

Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they're allowed to fully ripen, which means they're chock-full of vitamins, minerals and antioxidants, and freezing "locks in" many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients.

In one report, the vitamin C content in fresh broccoli plummeted by more than 50% with a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.



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

liftoffisplayground.com

Be Active for American Heart Month

It's Heart Month and a perfect time to create a plan of daily exercise for yourself and your kids. Physical activity is good for children's bodies. It promotes growth and development and should be encouraged throughout the day for younger children (ages 3 to 5). At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles, build endurance and maintain a healthy weight. There's mounting evidence that moderate to vigorous physical activity also helps boost children's critical thinking skills, grade point averages and standardized test scores.

Plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This amount of time can be done at once or accumulated with shorter chunks throughout the day. Try to select activities your kids enjoy. Consider jumping rope, playing hopscotch, throwing a frisbee, walking the dog, jogging, bike riding, etc. The key is to have fun so that activity becomes associated with positive experiences. Remember to also praise, reward and encourage your kids' physical activity by providing the equipment and inspiration they need.

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

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.



sodexo



100% post-consumer



ALL MEALS FREE FOR ALL STUDENTS THRU JUNE 2021!!

**Please see district website to Pre-Order meals to be sent home!
https://www.sequimschools.org/departments/nutrition_services**

If you would like to provide your own meals, please contact nutrition services at (360) 582-3432 or (360) 582-3419.

**If your child has allergies, please call so we can accommodate their meals!
Thank you!**

Nutrition Information is available upon request.

