

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Desayuno:
Bagel con queso crema
Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche

2

Desayuno:
Ronda de desayuno definitiva
Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

3

****Todas las comidas**
Gratis para todos los estudiantes
Hasta junio de 2021
Ver el sitio web del distrito
****¡para más detalles!******

4

Desayuno:
Bagel con queso crema
Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche

5

Desayuno:
Ronda de desayuno definitiva
Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

8

Desayuno:
Barra de cereal
Almuerzo:
Hamburguesa de pollo
Incluye frutas, verduras y leche

9

Desayuno:
Yogur con galletas Graham
Almuerzo:
Emparedado de pavo
Incluye frutas, verduras y leche

10

****Hacer un pedido**
Tus comidas para llevar a casa
en el sitio web del distrito
debajo
**** Servicios de nutrición ******

11

Desayuno:
Barra de cereal
Almuerzo:
Hamburguesa de pollo
Incluye frutas, verduras y leche

12

***NO*
COLEGIO
Día de maquillaje de nieve**

**Día del Presidente
*NO HAY CLASES***

16

Desayuno:
Ronda de desayuno definitiva
Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

17

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Hasta junio de 2021
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18

Desayuno:
Bagel con Queso Crema
Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche

19

Desayuno:
Ronda de desayuno definitiva
Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

22

Desayuno:
Barra de cereal
Almuerzo:
Hamburguesa de pollo
Incluye frutas, verduras y leche

23

Desayuno:
Yogur con Galletas graham
Almuerzo:
Emparedado de pavo
Incluye frutas, verduras y leche

24

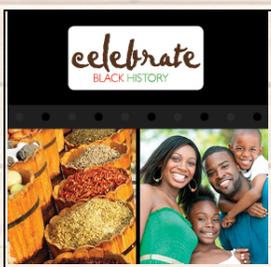
****Hacer un pedido**
Tus comidas para llevar a casa
en el sitio web del distrito
debajo
**** Servicios de nutrición ******

25

Desayuno:
Barra de cereal
Almuerzo:
Hamburguesa de pollo
Incluye frutas, verduras y leche

26

Desayuno:
Yogur con galletas Graham
Almuerzo:
Emparedado de pavo
Incluye frutas, verduras y leche



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.

liftoffsplayground.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.



TODAS LAS COMIDAS GRATIS PARA TODOS LOS ESTUDIANTES HASTA JUNIO DE 2021 !!

¡Visite el sitio web del distrito para pedir comidas por adelantado para enviarlas a casa!

https://www.sequimschools.org/departments/nutrition_services

* Si desea proporcionar sus propias comidas, comuníquese con los servicios de nutrición al (360) 582-3432 o (360) 582-3419. *
Si su hijo tiene alergias, por favor llame para que podamos acomodar sus comidas.

¡Gracias!



10% post-consumer



Nutrition Information is available upon request.

