

Deerfield Elementary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)	Hot Diggity Dog Chicken Nuggets w/ Dinner Roll Vegetarian Baked Beans	Penne Pasta with Italian Meat Sauce Chicken Patty Sandwich Parmesan Green Beans	Cheese Pizza Square Grilled Cheese Sandwich Sweet Corn
	Offered Daily 3/1-3/3:Italia	an Sub, Yogurt & Bagel Bag, Peanut	Butter & Jelly Sandwich	
Baked Ziti with Garlic Breadstick Cheese Quesadilla with Salsa Seasoned Broccoli	Breakfast for Lunch: Pancakes with Sausage Ham & Cheese Melt Smile Fries	Nachos Supreme with Meat and Cheese BBQ Chicken Sandwich Southwest Black Beans	Chicken & Waffle Tower Hometown Corn Dog Italian Roasted Zucchini	10 School Closed
MY >	Offered Daily 3/6-3/10: Turkey and 0	Cheese Sandwich, Yogurt & Bagel B	ag, Peanut Butter & Jelly Sandwich	RPV.
Breakfast for Lunch: Vaffle and Turkey Bacon with Biscuit Hot Diggity Dog Crispy Baked French Fries	Cheesy Stuffed Breadsticks w/ Marinara Sauce Homemade Macaroni & Cheese with Dinner Roll Sautéed Spinach	Orange Chicken Bowl with Rice Pulled Pork or Turkey Sandwich Broccoli Dippers	Taco Quesadilla with Salsa Chicken Parm Sandwich Roasted Chickpeas	Cheese Pizza Slice Homemade Macaroni & Cheese with Dinner Roll Roasted Green Beans
	Offered Daily 3/13-3/17: Tuna	Sandwich, Yogurt & Bagel Bag, Pea	nut Butter & Jelly Sandwich	
Grilled Cheese Sandwich Chicken Meatball Parm Sub Cucumber Coins	Breakfast for Lunch: French Toast Sticks with Sausage Chicken Patty Sandwich Cinnamon Sweet Potatoes	Sweet & Sour Chicken with Rice Cheese Quesadilla with Salsa Black Beans	Loaded Totchos with Buttermilk Biscuit Penne with Chicken Meatballs Crispy Tater Tots	Cheese Pizza Square Chicken Nuggets with Dinner Roll Roasted Broccoli
	Offered Daily 3/20-2/24: Ham and Cl	neese Sandwich, Yogurt & Bagel Ba	g, Peanut Butter & Jelly Sandwich	
27 Chicken Stirfry with Whole Grain Noodles	28 Boneless Chicken Bites with Soft Pretzel Stick	29 Cheesy Stuffed Breadstick w/ Marinara Sauce	Popcorn Chicken with Dinner Roll Hometown Corn Dog	31 Cheese Pizza Slice
	Baked Ziti with Garlic Breadstick Cheese Quesadilla with Salsa Seasoned Broccoli Breakfast for Lunch: Vaffle and Turkey Bacon with Biscuit Hot Diggity Dog Crispy Baked French Fries 20 Grilled Cheese Sandwich Chicken Meatball Parm Sub Cucumber Coins	All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate) Offered Daily 3/1-3/3: Italia Breakfast for Lunch: Pancakes with Sausage Ham & Cheese Melt Smile Fries Offered Daily 3/6-3/10: Turkey and Company of the com	All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate) Offered Daily 3/1-3/3:ttalian Sub, Yogurt & Bagel Bag, Peanut Offered Daily 3/1-3/3:ttalian Sub, Yogurt & Bagel Bag, Peanut Pancakes with Sausage Ham & Cheese Melt Smile Fries Offered Daily 3/6-3/10: Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/6-3/10: Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut 13 Breakfast for Lunch: Hot Diggity Dog Crispy Baked French Fries Offered Daily 3/13-3/17: Turna Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/13-3/17: Turna Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/13-3/17: Turna Sandwich, Yogurt & Bagel Bag, Peanut 20 Grilled Cheese Sandwich Chicken Meatbail Parm Sub Cucumber Coins Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Offered Daily 3/20-2/24: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Pean	All functions include a variety of freeth falls. Children Nuggets will Depart a personal milk (akim. 1% or fall free chocolate) Offered Daily 3/1-3/3:Italian Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Parmesan Green Beans Offered Daily 3/1-3/3:Italian Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Parmesan Green Beans Offered Daily 3/1-3/3:Italian Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Parmesan Green Beans Offered Daily 3/1-3/3:Italian Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Salas Seasoned Broccoli Offered Daily 3/1-3/3:Italian Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Salas Seasoned Broccoli Offered Daily 3/1-3/1- Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/1-3/1- Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Italian Roasted Zucchini Offered Daily 3/1-3/1- Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/1-3/1- Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/1-3/1- Turkey and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/1-3/1- Turkey Sandwich Biscut Chicken Meatbail Parm Sub Coumber Coins Offered Daily 3/2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2-2/2-4: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich Offered Daily 3/2-2-

Offered Daily 3/27-3/31: Crispy Chicken Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich

This institution is an equal poportunity provided

National School Breakfast Week

Rusy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafelerias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math.
- Score higher on standardized tests.
- Have better concentration, memory and alertness.
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the techage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into articlescence.



there is committed to presenting health or model chains and year suggest a restar

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Women's History Month - Famous Women in Food

In recognition of Women's History Worth, we're highlighting a few female pioneers who have charged the way we look at food

Ruth Fertal was best known for her contributions as the founder of Ruth's Chris Steak. House. In 1965, she realized she needed to earn more money to send her sone off to college. She found a restaurant for sale in a New Orleans newspaper for a place called Chris Steak House. Today, there are more than 80 Huth Chris Steak House locations in the U.S. and oversess.

Julia Child was a famous chefi buthor and television icon. Julia studied most of her cooking in France right after World War II, when the French chef population was mostly man. With her drive and cheartuiness, Julia was quickly able to cutshine her classimates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free from posticides and herbicides foods. She has also always had a passion for decreasing obesity and promoting healthy living with children.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Guisine. Edna I dwis became the cook at Café Nichelson and served William Faukner, Marion Brande, Eleanor Receivelt and more.

Confects as in latin prepare and serves some products which may contain ingradients identified as load allergess, for more information on load allergess, po to http://www.loadulergy.org/.

Fresh Pick Recipe

CRANGE SALAD WITH GINGER DRESSING (SEWES 19)

- 1 cup mandarin oranges in light syrup.
- 1 tab espaon green onion (chopped)
- *1/4 cup frozen orange juice.
- * Tab espoon canola/nive oil blend.
- 1 teaspoon ginger (ground).
- 1/2 teaspeon garlie powder.
- heaspoon paraley (dried).
- 2 cups fresh spinson.
- 3 cups romaine lettuce.
- Drain granges.
- Slice onion on bias.
- Whisk orange jude, oit, garger, gartic and paraley. Blend well.
- 4. In serving pan, mix spinach and between
- 76gh, before service, toss lettuce mixture with dressing.
- 6. Samish saled with oranges and omons.

#5 (A) (5% PAC/S). 24 calones 1g fat, 3mg sorium, 1c fiber



