

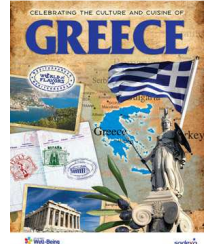


Brother Rice ~March 2012




Breakfast is Served Daily from 7:00am until 8:30am

Muffins, Donuts, Cereal, Breakfast Sandwiches, Hash Browns, Danish, Pop-Tarts, Bagels

The second half of the school year we will be promoting and educating students with our "World of Flavors" promotion series, each month we will feature cuisine and information from around the globe. March will feature a taste of Greece!



Lunch Price
\$4.50
A la Carte
\$2.95

Monday	Tuesday	Wednesday	Thursday 1	Friday 2
			2 Taco Combo w/ Fries and Fountain Beverage (3)Chicken Tenders or (5)Hot Wings or (14)Chicken Fries	No School
5	6	7	8	9
Chef's Choice	General TSO's Chicken with Fried Rice, and Fountain Beverage	Beef Enchilada with Spanish Rice up and Fountain Beverage  Greek Hummus Wrap \$2.75	2 Taco Combo w/ Fries and Fountain Beverage (3)Chicken Tenders or (5)Hot Wings or (14)Chicken Fries	Macaroni and Cheese, Tomato Soup, Fruit Cup and Fountain Beverage
12	13	14	15	16
Chef's Choice	Chicken Gyro with Fries with Fountain Pop 	Top Your Own Dogs... Two Hot Dogs with Choice of Toppings with Tots and a Fountain Beverage	2 Taco Combo w/ Fries and Fountain Beverage (3)Chicken Tenders or (5)Hot Wings or (14)Chicken Fries	Cheesy Lasagna Roll Ups with Side Salad, Dinner Roll and Fountain Beverage
19	20	21	22	23
Chef's Choice	Chicken Stir Fry with Fried Rice, and Fountain Beverage	Hot Meatball Sub with Fries and Fountain Beverage  Greek Chicken Salad \$3.75	2 Taco Combo w/ Fries and Fountain Beverage (3)Chicken Tenders or (5)Hot Wings or (14)Chicken Fries	Grilled Cheese on Texas Toast with Tomato Soup and Fountain Beverage
26	27	28	29	30
Chef's Choice	Fried Chicken with Mashed Potatoes, Gravy, Vegetable and Fountain Beverage	Pork Rib-B-Que with Fruit Cup, Fries and Fountain Beverage	2 Taco Combo w/ Fries and Fountain Beverage (3)Chicken Tenders or (5)Hot Wings or (14)Chicken Fries	Spaghetti with Marinara Sauce with Side Salad, Texas Toast and Fountain Beverage

Served Daily

Salsa Station: Nachos and Nacho Deluxe, Soft Tacos

Pizza Station: Cheese Pizza, Pepperoni Pizza, Mozzarella Sticks, Bosco Sticks

Pre-Made Deli Station: Fresh Salads, Sandwiches, Fruits and Snack Items

Grill: Chicken Wraps and Fries

Sub Station: Build Your Own Sub, Your Way, Every Day
Soup of the Day

USDA High School Lunch Recommendations

846 Calories~16.7g Protein~4.5mg Iron~400mg Calcium~300RE Vitamin A
19.18mg Vitamin C~30% Total Fat~ 10% Saturated Fat



Celebrating National Nutrition Month

National Nutrition Month is a nutrition education campaign created by the Academy for Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This month's theme is all about getting your plate in better shape. Here are a few tips:



1. Fill at least 50%, or half, of your plate with fruits and vegetables.
2. Add fiber rich grains or starchy vegetables on 25% of your plate.
3. Portion the lean protein-rich foods on the remaining 25% of the plate.
4. Don't forget to quench your thirst with a refreshing glass of milk or water.



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

www.liftoffsplyground.com



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Eating Less Sodium

Sodium is a mineral that makes up one part of table salt, or sodium chloride. The body needs sodium to help maintain fluid levels and is important for the nervous and muscular systems. In addition to the role sodium plays in the body, sodium is added to foods for taste and to extend shelf-life. While some sodium may be necessary in our diets, most Americans eat too much sodium by either adding salt during cooking or at the table or by eating too many processed foods. Too much sodium can increase the risk of heart disease and high blood pressure and therefore should be limited. You can decrease sodium in your diet by:

- Buying fresh, plain frozen, or canned "with no salt added" vegetables.
- Use fresh poultry, fish, lean meat, rather than canned or processed types.
- Use herbs, spices and salt-free seasoning blends in cooking and at the table.
- Read Nutrition Fact Labels on packaged foods to help you select lower sodium items.
- Avoid using the salt shaker.

2011 Future Chef Finalist Teriyaki Chicken Bowl

Steven Williams – Lafayette, CA

Yields: 4 servings

8 oz chicken breast, boneless and skinless
2 TBSP teriyaki glaze, low sodium
2 cups Sticky Sushi Rice, cooked
1/2 cup broccoli florets
1/2 cup carrots, cut
2 TBSP sesame seeds
1 tsp teriyaki glaze, low sodium

Directions: Coat chicken with teriyaki glaze and wrap in tin foil. Bake chicken until internal temperature of 165 degrees F. Prepare rice in a rice cooker. Cut carrots at an angle to make thin oval pieces. Cut broccoli into small florets. Steam carrots and broccoli until soft but still firm. Slice chicken at an angle. Portion rice on center of plate. Feather sliced chicken to the side of the rice. Add steamed vegetables and drizzle the dish with teriyaki sauce. Garnish with sesame seeds.

*Nutrition information for one serving:
277 calories; 4g total fat, 32g total carbohydrates, 1.3g dietary fiber, 15.3g protein and 360mg sodium.*

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/>

STOP Hunger Scholarships

The STOP Hunger Scholarships recognize and reward students who have made a significant impact in the fight against hunger and its root causes in the United States.

Selected students (Kindergarten through graduate school) receive a **\$5,000 scholarship** -- **AND** -- a **\$5,000** grant for their hunger-related charity. In addition, each national scholarship recipient is recognized at the annual Sodexo Foundation Dinner in Washington, DC. All transportation, meals, and lodging for the student and up to two immediate family members are paid by Sodexo.

Learn more and apply at www.SodexoFoundation.org.

freshpick review

Go **CARROT** Crazy For Good Health

The carrot is the second most popular vegetable in the world after the potato. Most people think all carrots are orange, but they actually range in color from white to yellow to crimson! Orange colored carrots are the most popular. Carrots were originally purple and red, with a thin root. It wasn't until the 1500's that the orange carrot began to take on its popularity. They get their color from beta-carotene, a pigment that the body converts to Vitamin A.

Carrots are available year-round and are grown primarily in California, Michigan, Texas, Canada and Mexico. When choosing a carrot, avoid the ones that are crackled, shriveled, soft or wilted, and choose one that has a deep orange color. More beta-carotene is present in carrots that have a darker orange color. Carrots are best stored in the refrigerator, but must be placed somewhere away from other fruits like apples or pears. Fruits produce ethylene gas as they ripen and will decrease the storage life of carrots, as well as other vegetables.

Nutrition **NOTES**

Carrots, being rich in beta-carotene, are great for contributing to healthy eyesight, skin and overall growth. No other vegetable or fruit contains as much carotene as carrots. Carrots also contain Phytochemicals, a compound found in plant foods that work with nutrients and dietary fiber to fight off disease. These compounds may reduce the risk of cancer, heart disease and stroke, along with other forms of diseases. Carrots are 89% water, making them virtually fat and cholesterol free.

Source: The California Fresh Carrot Advisory Board



The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured **Fresh Pick** item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to freshpick@ideaworksfoodmarketing.com.

Did You **KNOW?**

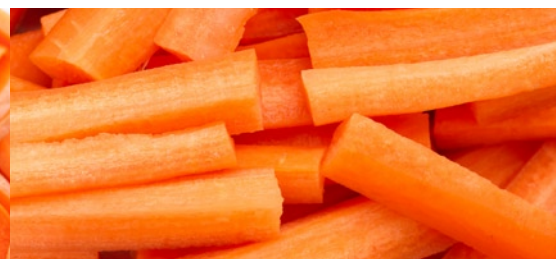
- Carrots are a root vegetable.
- Carrots are a member of the Umbelliferae family, which also includes plants such as dill, fennel, parsley, parsnip, caraway and celery.
- The saying "dangling a carrot" originated in the 1890s when carrots were dangled in front of donkeys to get them to move.
- Thomas Jefferson raised several colors of carrots in his Monticello garden.
- In the Middle Ages, carrot juice was used to make butter a more appealing color.



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Making every day a better day





Let's Get Cooking

CARROTS WITH DILL AND YOGURT

(SERVES 7 - 4OZ)

INGREDIENTS:

- 1 1/2 lbs raw carrots, diced
- 1 cup plain, nonfat yogurt
- 2 tablespoons dill, dried
- 1/4 teaspoon kosher salt

NUTRITION FACTS:

59 calories, 1g fat,
147mg sodium, 3g fiber

DIRECTIONS:

1. Place carrots in a pot with water (not listed) to cover. Boil for 5 minutes over medium heat, or until just tender and bright.
2. Toss cooled carrots with yogurt, dill and salt.
3. Serve immediately or keep refrigerated until ready to serve.

For The RECORD



MOST CARROTS PEELED IN ONE MINUTE (INDIVIDUAL)

WHO Rosalia Addis
WHERE United Kingdom
WHEN April 7, 2009
DETAILS The most carrots peeled and chopped in one minute is 591 g (20.85 oz) by Rosalia Addis (Italy) on the set of Guinness World Records Smashed at Pinewood Studios, UK, on April 7, 2009.



It's All HISTORY

Carrots, originally cultivated in Central Asia and the Near East, were introduced to the American colonies in the seventeenth century. They were not originally yellow-orange, but a range of purple colors. It is thought that the yellow root evolved from a mutant variety which lacked the purple pigment. Ancient Greeks and Romans used both the purple and yellow varieties for medicinal purposes.

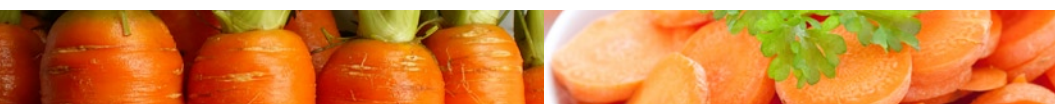
Carrots were first used for food by Europeans during the Middle Ages. In the nineteenth century, carrots were identified as a rich source of beta-carotene. During World War II, British aviators were fed a specially developed English carrot, high in beta-carotene, to overcome night blindness. Plant geneticists continue to develop carrots with higher beta-carotene content, as well as strains that are sweeter and more tender.

By The NUMBERS

17 The pounds of **CARROTS** the average person eats per year.

89% THE MINIMUM PERCENTAGE **OF WATER THAT CARROTS CONTAIN.**

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for better health
by sodexo



freshpick review

Featured Recipe

CITRUS GLAZED CARROTS (SERVES 4)

INGREDIENTS:

- 5 cups carrots (sliced on diagonal/1 " pieces)
- 3/4 cup orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon honey
- Salt and pepper to taste
- 2 tablespoons fresh parsley

NUTRITION FACTS:

130 calories, 0g fat,
130mg sodium, 7g fiber

DIRECTIONS:

1. Prepare carrots as directed and put in medium pan.
2. Cover carrots with water. Boil carrots until crisp tender(about 5 minutes).
3. Drain carrots. In same saucepan, add the remaining ingredients except for the parsley.
4. Bring to a boil and then turn down the heat to simmer.
5. As soon as the sauce thickens, add the carrots.
6. When serving, sprinkle the carrots with the parsley.

ANATOMY OF Carrots



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1. Carrots get their color from beta-carotene, a pigment that the body converts to Vitamin A.
2. **Carrots are great for contributing to healthy eyesight, skin and overall growth.**
3. Carrots contain Phytochemicals, a compound found in plant foods that work with nutrients and dietary fiber to fight off disease.
4. **Carrots may reduce the risk of cancer, heart disease and stroke, along with other forms of diseases.**
5. Carrots are virtually fat and cholesterol free and are low in sodium.



did you know? Carrots

- ✔ Carrots are a root vegetable.
- ✔ Carrots are a member of the Umbelliferae family, which also includes plants such as dill, fennel, parsley, parsnip, caraway and celery.
- ✔ In the 15th century, English women wore lacy carrot leaves in their hair.
- ✔ The saying “dangling a carrot” originated in the 1890s when carrots were dangled in front of donkeys to get them to move.
- ✔ Thomas Jefferson raised several colors of carrots in his Monticello garden.
- ✔ In the Middle Ages, carrot juice was used to make butter a more appealing color.



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