

## Cotati-Rohnert Park Tech High School



Image: Construction of the Source Components Weat/Meat/Meat/Meat/Meat/Meat/Meat/Meat/M	CHOOSE TO EAT W	IELL			
Image: Second control of the second	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI WITH MARINARA & CHEESE (N)       CHICKEN & CHEESE QUESADILLA PROTEIN PACK (V)       BEEF TACOS       BIG DADDY'S PEPPERON IPIZZA CHEESY CAESAR SALAD WITH DINNER ROLL (V)       BEAN AND CHEESE BURRITO (L CHESY CHICKEN SANDWICH UTHWEST QUESO PULL APART BREAD (V)       BIG DADDY'S PEPPERON IPIZZA CHEESY CAESAR SALAD WITH BISCUIT       BEAN AND CHEESE BURRITO (L CHEESY CHICKEN SANDWICH UTHWEST QUESO PULL APART BREAD (V)       BIG DADDY'S PEPPERON IPIZZA CHEESY CHICKEN SANDWICH WITH STRING CHEESE ALFREDO PASTA WITH DINNER ROLL (V)       BEAN AND CHEESE PUZA (V)       CHICKEN CORN DOG CHEESY PULL APART BREAD (L)       CHICKEN CORN DOG CHEESY PULL APART BREAD (V)       I       ALL BEEF CHEESEBURGER MOZZARELLA STUFFED BREADSTICKS (V)         CHEESE ALFREDO PASTA WITH DINNER ROLL (V)       ITRATE FREE TURKEY DOG WITH SWEET POTATO FREES GRILLED CHEESE (V)       I       I       ALL BEEF CHEESEBURGER MOZZARELLA STUFFED BREADSTICKS (V)       ALL BEEF CHEESEBURGER MOZZARELLA STUFFED BREAD (V)       ALL BEEF CHEESEBURGER MOZZARELA STUFFED CHEESY CAESAR SALAD & DINNER ROLL (V)       NO S	Person are a powerbox for fit Ealing Person are a powerbox for fit Ealing Person are a powerbox for the Ealing Doost or insource are stated upon	Fat free o	Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!	ered daily.	BREADSTICKS (V) ASIAN MEATBALLS WITH BROWN
CHEESE (V)       CHICKEN & CHEESE QUESADILLA       BEEF IACUS       CHEESY CAESAR SALAD WITH         CHIMI NADA (V)       PROTEIN PACK (V)       CHICKEN TENDERS & BISCUT       CHICKEN TENDERS & BISCUT       CHEESY CAESAR SALAD WITH       CHEESY PULL APART BREAD (V)         VOU must select at least a 1/2 cup fruit or vegetable each meat.       Vou must select at least a 1/2 cup fruit or vegetable each meat.       14       1         ENCHIRTO (V)       FRENCH BREAD CHEESE PIZZA (V)       CHICKEN TENDERS A BISCUT       13       14       1         CHEESY ALFREDO PASTA WITH DINNER ROLL (V)       INTRATE FREE TURKEY DOG WITH SWEET POTATO FRIES (R)       CHICKEN TENDERS A BISCUT       14       1       14	-	5	6		8
11       12       13       14       1         ENCHIRITO (V)       FRENCH BREAD CHEESE PIZZA (V)       CHICKEN CORN DOG       CHICKEN CORN DOG       1000000000000000000000000000000000000	CHIMI NADA (V) PB&J SANDWICH WITH STRING	PROTEIN PACK (V)	CHICKEN TENDERS & BISCUIT SOUTHWEST QUESO PULL APART	CHEESY CAESAR SALAD WITH DINNER ROLL (V) CHICKEN DRUMSTICK WITH	BEAN AND CHEESE BURRITO (V) CHEESY PULL APART BREAD (V) HOT HAM AND CHEESE ON A BUN
ENCHIRITO (V)       FRENCH BREAD CHEESE PIZZA (V)       CHICKEN CORN DOG       CHEESE LASAGNA ROLLUP (V)       ALL BEEF CHEESEBURGER         CHEESE SANDWICH (V)       NITRATE FREE TURKEY DOG WITH SWEET POTATO FRIES       CHICKEN CORN DOG       CHEESE VULL APART BREAD (V)       TUREY AND CHEEDBAR CHEESE       MOZZARELLA STUFFED       BREADSTICKS (V)         CHEESE SANDWICH (V)       SWEET POTATO FRIES       GRILLED CHEESE (V)       CHICKEN CORN DOG       CHEESE VILL APART BREAD (V)       CHEESE VILL APART BREAD (V)       CHEESE (V)       ASIAN MEATBALLS WITH BROW         All meals are offered at NO COST to ALL students.       All meals are offered at NO COST to ALL students.       20       21       2         SPAGHETTI WITH MARINARA & CHEESE (V)       CHICKEN SANDWICH & STRING       PROTEIN PACK (V)       BEEF TACOS       20       BIG DADDY'S PEPPERONI PIZZA & CHEESE CASAR SALDA & DINNER ROLL (V)       NO SCHOOL         PBASI SANDWICH & STRING CHEESE (V)       CHICKEN AND CHEESE & DISCUT       DUTHWEST QUESO PULL APART BREAD (V)       BIG DADDY'S PEPPERONI PIZZA & CHEESY CASAR SALDA & DINNER ROLL (V)       NO SCHOOL         LImit of one breakfast and lunch per day per student.       CHICKEN DRUMSTICK & BISCUT       NO SCHOOL       LIMIT of one breakfast and lunch per day per student.         IN A WORLD WHERE       26       26       28       28       28       28       28 <td></td> <td>You must set</td> <td>ect at least a 1/2 cup fruit or vegeta</td> <td>able each meal.</td> <td></td>		You must set	ect at least a 1/2 cup fruit or vegeta	able each meal.	
ENCHARTO (V)       (V)         CHECSY ALFREDO PASTA WITH DINNER ROLL (V)       (V)         CHEESE YALFREDO PASTA WITH DINNER ROLL (V)       INTRATE FREE TURKEY DOG WITH SWEET POTATO FRIES GRILLED CHEESE (V)       CHICKEN CORN DOG CHEESY PULL APART BREAD (V) PHILLY STYLE CHEESESTEAK       TURKEY AND CHEEDER SANDWICH       MOZZARELLA STUFFED BREADSTICKS (V)         All meals are offered at NO COST to ALL students.       All meals are offered at NO COST to ALL students.       21         BEFF TACOS CHIESE (V)       CHICKEN SANDWICH CHICKEN AND CHEESE QUESADILLA PROTEIN PACK (V)       BEFF TACOS CHICKEN TENDERS & BISCUIT SUTHWEST QUESO PULL APART BREAD (V)       21       2         Limit of one breakfast and lunch per day per student.       NO SCHOOL       NO SCHOOL	11	12	13	14	15
18       19         SPAGHETTI WITH MARINARA & CHEESE (V)       CRISPY CHICKEN SANDWICH CHIMI NADA (V) PB&J SANDWICH & STRING CHEESE (V)       CRICKEN AND CHEESE QUESADILLA PROTEIN PACK (V)       CHICKEN TENDERS & BISCUIT SUTHWEST QUESO PULL APART BREAD (V)       BIG DADDY'S PEPPERONI PIZZA CHEESY CAESAR SALAD & DINNER ROLL (V) CHICKEN DRUMSTICK & BISCUIT       C       No SCHOOL         Limit of one breakfast and lunch per day per student.       Limit of one breakfast and lunch per day per student.       28	CHEESY ALFREDO PASTA WITH DINNER ROLL (V)	(V) NITRATE FREE TURKEY DOG WITH SWEET POTATO FRIES	CHEESY PULL APART BREAD (V)	TURKEY AND CHEDDAR CHEESE SANDWICH	MOZZARELLA STUFFED BREADSTICKS (V) ASIAN MEATBALLS WITH BROWN
SPAGHETTI WITH MARINARA & CHEESE (V)       CRISPY CHICKEN SANDWICH CHICKEN AND CHEESE QUESADILLA PROTEIN PACK (V)       CRISPY CHICKEN SANDWICH CHICKEN AND CHEESE QUESADILLA PROTEIN PACK (V)       CHICKEN TENDERS & BISCUIT SUTHWEST QUESO PULL APART BREAD (V)       BIG DADDY'S PEPPERONI PIZZA CHEESY CAESAR SALAD & DINNER ROLL (V) CHICKEN DRUMSTICK & BISCUIT       NO SCHOOL         Limit of one breakfast and lunch per day per student.       Limit of one breakfast and lunch per day per student.       28		All me	als are offered at NO COST to ALL s	tudents.	
IN A WORLD WHERE   26	SPAGHETTI WITH MARINARA & CHEESE (V) CHIMI NADA (V) PB&J SANDWICH & STRING	CRISPY CHICKEN SANDWICH CHICKEN AND CHEESE QUESADILLA	BEEF TACOS CHICKEN TENDERS & BISCUIT SOUTHWEST QUESO PULL APART	BIG DADDY'S PEPPERONI PIZZA CHEESY CAESAR SALAD & DINNER ROLL (V)	22 NO SCHOOL
IN A WORLD WHERE		Limit of c	one breakfast and lunch per day pe	r student.	
NO SCHOOL         WINTER BREAK         No School         WINTER BREAK             Menu is subject to change.	YOU CAN BE ANYTHING BEKIND	NO SCHOOL	Menu is subject to change	NO SCHOOL	

This institution is an equal opportunity provider.

## **Supporting Achievement**

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful. Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
montovi	(Challer)	WEDNESDA	makabhi	CINNAMON BUN OR EGG & CHEESE ON ENGLISH MUFFIN
FRENCH TOAST STICKS OR WHEAT BAGEL WITH CREAM CHEESE	APPLE FRUDEL OR MINI CHOCOLATE LOAF WITH STRING CHEESE	SLICED LEMON BREAD OR MINI DONUTS	SAUSAGE BISCUIT WITH CHEDDAR OR BENEFIT BAR	EGG SAUSAGE AND CHEESE BREAKFAST WRAP OR MINI MUFFIN & GRAHAM
CONCHA OR MINI PANCAKE BITES	BREAKFAST PIZZA OR WG POP TART	PANCAKE ON A STICK OR ULTIMATE BREAKFAST ROUND	BELGIAN WAFFLE & SAUSAGE OR MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN OR EGG & CHEESE ON ENGLISH MUFFIN
FRENCH TOAST STICKS OR WHEAT BAGEL WITH CREAM CHEESE	APPLE FRUDEL OR MINI CHOCOLATE LOAF WITH STRING CHEESE	SLICED LEMON BREAD OR MINI DONUTS	SAUSAGE BISCUIT WITH CHEDDAR OR BENEFIT BAR	NO SCHOOL
NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK

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## Fresh Pick Recipe

## LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
  sea salt and pepper
- 1. Boil potatoes in pan of water until tender and drain.
- 2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
- Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
- Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
- Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
- 6. Remove potatoes from the oven and sprinkle with the parsley.
- 7. Mix the chives with the sour cream and serve on the side.



We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more. Cereal and Grahams or string cheese are offered for breakfast everyday. Fat free chocolate milk and 1% unflavored milk are offered everyday.

All Meals are offered at NO COST to ALL students! Limit one of each meal per day per student.

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