## Blessed Sacrament Lunch Menu

### Monday
- **2** Chicken Nuggets with Rice, Steamed Carrots, Fresh Fruit
- American Wrap, Baby Carrots, Chilled Fruit
- Grilled Chicken Caesar Salad, Baby Carrots, Chilled Fruit
- Fun on the Run, Baby Carrots, Fresh Fruit
- Italian Dunkers with Sauce, Steamed Carrots, Fresh Fruit
- Crispy Chicken Wrap, Baby Carrots, Chilled Fruit
- Chicken BLT Salad, Baby Carrots, Chilled Fruit

### Tuesday
- **3** Fish Tacos with Salsa, Baked Beans, Chilled Fruit
- American Wrap, Celery Sticks, Chilled Fruit
- Grilled Chicken Caesar Salad, Celery Sticks, Chilled Fruit
- Meatball Sub, Crinkle Fries, Chilled Fruit
- Hot Dog, Baked Beans, Chilled Fruit

### Wednesday
- **4** Macaroni and Cheese with Dinner Roll, Steamed Broccoli, Fresh Fruit
- American Wrap, Cherry Tomatoes, Chilled Fruit
- Grilled Chicken Caesar Salad, Cherry Tomatoes, Chilled Fruit
- Turkey Patty Sandwich, Steamed Broccoli, Roasted Garbanzo Beans, Fresh Fruit
- Crispy Chicken Wrap, Cole Slaw, Chilled Fruit

### Thursday
- **5** Chicken Drums and Waffles, Steamed Corn, Chilled Fruit
- American Wrap, Baby Carrots, Chilled Fruit
- Grilled Chicken Caesar Salad, Baby Carrots, Chilled Fruit
- Turkey and Gravy with Breadstick, Mashed Potatoes, Chilled Fruit
- Chef Salad, Cucumber Wheels, Chilled Fruit

### Friday
- **6** Cheese Pizza, Steamed Green Beans, Fresh Fruit
- Tuna Sandwich, Cole Slaw, Chilled Fruit
- Garden Salad, Cole Slaw, Chilled Fruit
- Meatloaf with Mashed Potatoes and Breadstick, Steamed Green Beans, Fresh Fruit
- Chef Salad, Roasted Garbanzo Beans, Chilled Fruit

**Specials:**
- Chilled or Fresh Fruit Offered Daily. 1% and Fat Free Flavored Milk Offered Daily. Sunbutter and Jelly or Grilled Cheese Stackers Offered Daily.
National School Breakfast Week

Busy 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 cafeterias. 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 teenage 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 adolescence.

Women’s History Month – Famous Women in Food

In recognition of Women’s History Month, we’re highlighting a few female pioneers who have changed the way we look at food.

**Ruth Fertel** 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 sons 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 Ruth Chris Steak House locations in the U.S. and overseas.

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

**Buitive 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 pesticides 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 Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt and more.

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Fresh Pick Recipe

**CORN AND AVOCADO SALSA**

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

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/.

Nutrition Information is available upon request.