



# KID'S WAY CAFE

March 2010

## MAIN EVENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Beef Fingers, oven baked fries 1	Chicken Fajitas, Refried Beans 2	Pepperoni or Cheese Pizza 3	Nacho Supreme, with beans 4	Pepperoni or Cheese Pizza 5
White meat chicken nuggets, oven baked fries 8	Teriyaki beef Dippers, white rice, fortune cookie 9	Pepperoni or Cheese Pizza 10	Taco Bowl, refried beans 11	Pepperoni or Cheese Pizza 12
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Chili dogs, oven baked fries 29	Teriyaki beef Dippers, white rice, fortune cookie 30	Pepperoni or Cheese Pizza 31		



### GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburgers	Turkey Frank on Bun	BBQ Rib Sandwich or Hamburger	Chicken Patty	Turkey Frank on Bun
Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito
Ham & Cheese Sandwich w/Chips	Turkey & Cheese Sandwich w/Chips	Bologna & Cheese Sandwich w/Chips	Ham & Cheese Sandwich w/Chips	Turkey Sandwich w/Chips
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### DELI

## FROM THE GARDEN

Every day we have an All-You-Can-Eat Salad Bar full of fresh fruits and veggies!!



Monday	Tuesday	Wednesday	Thursday	Friday
Corn	Green Beans	Produce of the Month	Vegetarian Beans	Corn
Carrot & Celery Sticks	Carrot & Celery Sticks	Carrot & Celery Sticks	Carrot & Celery Sticks	Carrot & Celery Sticks
Broccoli	Broccoli	Broccoli	Broccoli	Broccoli
Orange	Banana	Apple	Orange	Apple
Pineapple	Applesauce	Mixed Fruit	Peaches	Pears
Salad Mix	Salad Mix	Salad Mix	Salad Mix	Salad Mix

## Achievement: Start Your Day on “FULL”

You’ve heard by now that breakfast is the most important meal of the day, right? But yet, so many children and adults start their day on an empty stomach. It can be tough to wake sleepy kids and get them fueled-up in time for school, but it’s important to keep trying. Breakfast gets kids ready to learn, it helps control appetite and nibbling throughout the day, and it prevents nagging tummy aches or hunger pangs.

For breakfast sometimes you need to “think outside the box”. You can try some nontraditional breakfast ideas, but always try to include whole grains, fiber and protein. Try a slice of whole grain toast with melted cheese and apple slices, half of a sandwich and a cup of low-fat milk, rice and beans with fruit, yogurt topped with a favorite cereal, or a whole wheat pita stuffed with scrambled eggs. Ask your kids about their favorite ideas and make a plan to eat breakfast every-day!!

## Broccoli is a Super-Duper Food

Broccoli is a super-duper because it’s packed full of healthy body nutrients. These mini-trees are low in calories, high in vitamin C and a good source of folate and vitamin A. Broccoli also contains powerful cancer fighting compounds as well as promotes healthy heart and eyes.

Broccoli can be found year-round in fresh and frozen forms. Fresh broccoli typically comes from California and Arizona during the winter months.

To select good-quality fresh broccoli, it should have a fresh-looking, light-green stalks of consistent thickness. The florets should be compact and dark green and may have some purple tinge.

Broccoli can be eaten raw on a garden salad or dipped in lite-dressings. It can also be steamed and topped with a little black pepper or low-fat cheese, sautéed with onions and bell peppers and served over rice or noodles, or boiled like in the recipe to the right, Lemon Garlic Broccoli Salad.

Broccoli is a super-duper food, so keep munching on this nutrient-rich vegetable.

### Lemon Garlic Broccoli Salad Six 1/2-cup servings

2 heads fresh or 1 (14 oz) bag frozen Broccoli  
2 quarts Water  
1 pound Whole Wheat Penne Noodles  
2 tablespoons Olive Oil  
1 tablespoon Lemon Juice  
2 cloves Fresh Garlic, minced or 1 teaspoon Garlic Powder  
1/2 teaspoon Salt  
1 teaspoon Red Pepper Flakes, optional

Wash and cut fresh broccoli into florets.

Bring water to boil in a medium-sized pot. When water boils, add noodles then return to boil for 5-minutes. Add broccoli and boil for another 5-minutes. Drain broccoli and noodles and set aside.

Mix oil, lemon juice, garlic, salt and red peppers (optional) in a medium-sized bowl. Add broccoli mixture to sauce and stir well.

If using fresh garlic, wait 3-minutes before serving. Enjoy! Cover and refrigerate leftovers up to 3 days.

*Calories: 120  
Total Fat: 3g Protein: 5g  
Total Carbohydrate: 21g*