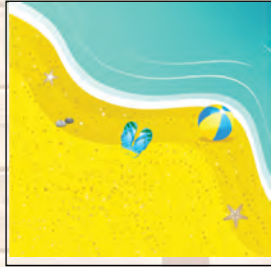


MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1
 Chicken Tenders w/wo Fresh Baked
 WG Roll
 Chicken Caesar Salad
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Baked Beans
 Mixed Fruit
 Low Fat Milk

Calories 614.49, Fat 16.23 g, Saturated Fat 3.01 g, Sodium 725.10 mg, Carbohydrate 84.45 g, Protein 38.29 g

4
 French Toast Sticks w/wo Sausage
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Tater Tots
 Applesauce
 Low Fat Milk

5
 Cheese or Pepperoni Pizza
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Carrot Coins
 Pineapple Tidbits
 Low Fat Milk

6
 Soft Shell Taco
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Refried Beans
 Diced Pears
 Low Fat Milk

7
 Homemade Ziti w/wo Fresh Baked
 WG Breadstick
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Steamed Broccoli
 Mixed Fruit
 Low Fat Milk

8
FIELD DAY
 Hamburger on the grill
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Corn on the Cob rolled on the grill
 Watermelon
 Low Fat Milk

Calories 623.96, Fat 20.35 g, Saturated Fat 6.83 g, Sodium 1,024.31 mg, Carbohydrate 84.56 g, Protein 29.00 g

11
 Pancakes w/wo Sausage
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Tater Tots
 Mandarin Oranges
 Low Fat Milk

12
 Cheese or Pepperoni Pizza
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Steamed Carrots
 Pineapple Tidbits
 Low Fat Milk

13
 Beefy Nachos
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Refried Beans
 Mixed Fruit
 Low Fat Milk

14
 Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits &
 Vegetables
 Steamed Broccoli
 Diced Pears
 Low Fat Milk

15

Calories 625.40, Fat 20.34 g, Saturated Fat 6.62 g, Sodium 1,200.30 mg, Carbohydrate 86.54 g, Protein 27.73 g

18

19

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Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor, however you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50% as juice or the child may complain of stomach cramps.



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

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Strawberry Gogurt Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	

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.

