

MONDAY



TUESDAY

- 1**
- Cheese or Pepperoni Pizza
 - Bean & Cheese Burrito
 - Fun on the Run Pizza Lunchable
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Carrot Coins
 - Pineapple Tidbits
 - Low Fat Milk

WEDNESDAY

- 2**
- Soft Shell Taco
 - Mini Corn Dogs
 - Fun on the Run Pizza Lunchable
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Refried Beans
 - Diced Pears
 - Low Fat Milk

THURSDAY

- 3**
- Homemade Ziti w/wo Fresh Baked WG Breadstick
 - Chicken Patty Sandwich
 - Fun on the Run Pizza Lunchable
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Broccoli
 - Mixed Fruit
 - Low Fat Milk

FRIDAY

- 4**
- Chicken Nuggets w/wo Fresh Baked WG Roll
 - Fish & Cheese Sandwich
 - Fun on the Run Pizza Lunchable
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Green Beans
 - Diced Peaches
 - Low Fat Milk

Calories 598.96, Fat 18.23 g, Saturated Fat 6.29 g, Cholesterol 38.86 mg, Sodium 985.62 mg, Carbohydrate 83.25 g, Protein 28.56 g

- 7**
- Pancakes w/wo Sausage
 - Hamburger or Cheeseburger
 - Ham & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Tater Tots
 - Mandarin Oranges
 - Low Fat Milk

- 8**
- Cheese or Pepperoni Pizza
 - Chicken & Cheese Flatbread
 - Ham & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Carrots
 - Pineapple Tidbits
 - Low Fat Milk

- 9**
- Chicken Nachos
 - Hot Dog on a Bun
 - Ham & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Refried Beans
 - Mixed Fruit
 - Low Fat Milk

- 10**
- Chicken Patty Sandwich
 - Grilled Cheese Sandwich
 - Ham & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Broccoli, Tomato Soup
 - Diced Pears
 - Low Fat Milk

- 11**
- Chicken & Waffles
 - Steak & Cheese Sub
 - Ham & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - French Fries
 - Strawberry Cups
 - Low Fat Milk

Calories 556.35, Fat 16.51 g, Saturated Fat 5.13 g, Cholesterol 42.02 mg, Sodium 1066.66 mg, Carbohydrate 80.65 g, Protein 26 g

- 14**
- Homemade Chicken Pot Pie over Fresh Baked WG Biscuit
 - Hamburger or Cheeseburger
 - Garden Cheese Salad w/wo Fresh Baked WG Roll
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Corn, Mandarin Oranges
 - Low Fat Milk

- 15**
- Cheese or Pepperoni Pizza
 - Cheese Quesadilla
 - Garden Cheese Salad w/wo Fresh Baked WG roll
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Carrot Coins
 - Diced Peaches
 - Low Fat Milk

- 16**
- B-DAY CELEBRATION**
- All Entrees offered with WG Rice
 - Krispy Treat of Fresh Baked WG Roll
 - Chicken Nuggets
 - Pig in a Blanket
 - Garden Cheese Salad
 - Peanut Butter & Jelly Sandwich
 - Assorted Fresh Fruits & Vegetables
 - Baked Beans, Mixed Fruit
 - Low Fat Milk

- 17**
- Spaghetti & Meatballs w/wo Fresh Baked Garlic Breadstick
 - Chicken Patty Sandwich
 - Garden Cheese Salad w/wo Fresh Baked WG Breadstick
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Broccoli, Diced Pears
 - Low Fat Milk

- 18**
- Zesty Orange Chicken w/wo Brown Rice
 - Fish & Cheese Sandwich
 - Garden Cheese Salad w/wo Fresh Baked WG Roll
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Oriental Vegetables, Pineapple Tidbits
 - Low Fat Milk

Calories 642.16, Fat 21.16 g, Saturated Fat 6.69 g, Cholesterol 44.27 mg, Sodium 961.79 mg, Carbohydrate 88.14 g, Protein 29.92 g

- 21**
- Dutch Waffle w/wo Strawberry Topping w/wo Eggs
 - Hamburger or Cheeseburger
 - Turkey & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Hash Browns
 - Applesauce
 - Low Fat Milk

- 22**
- LUCKY LUNCH TRAY**
- Cheese or Pepperoni Pizza
 - Chicken & Cheese Flatbread
 - Yogurt Parfait
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Carrots
 - Pineapple Tidbits
 - Low Fat Milk

- 23**
- Beefy Nachos
 - Mini Corn Dogs
 - Turkey & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Refried Beans
 - Diced Pears
 - Low Fat Milk

- 24**
- Homemade Macaroni & Cheese
 - Chicken Patty Sandwich
 - Yogurt Parfait
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Broccoli
 - Diced Peaches
 - Low Fat Milk

- 25**
- Popcorn Chicken w/wo Fresh Baked WG Roll
 - Meatball Sub
 - Turkey & Cheese Sandwich
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Green Beans
 - Mixed Fruit
 - Low Fat Milk

Calories 602.17, Fat 18.14 g, Saturated Fat 5.48 g, Cholesterol 56.16 mg, Sodium 986.23 mg, Carbohydrate 86.76 g, Protein 26.40 g

- 28**
- NO SCHOOL**

- 29**
- Cheese or Pepperoni Pizza
 - Chicken Caesar Salad w/wo Fresh Baked WG Roll
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Carrot Coins
 - Applesauce
 - Low Fat Milk

- 30**
- Chicken & Veggie Stir Fry w/wo Fried Rice
 - Chicken Caesar Salad w/wo Fresh Baked WG Roll
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Oriental Mixed Vegetables
 - Pineapple Tidbits
 - Low Fat Milk

- 31**
- Homemade Lasagna w/wo Fresh Baked Garlic WG Breadstick
 - Chicken Caesar Salad w/wo Fresh Baked WG Breadstick
 - Peanut Butter & Jelly Sandwich
 - Assorted Seasonal Fresh Fruits & Vegetables
 - Steamed Broccoli
 - Mandarin Oranges
 - Low Fat Milk



Calories 575, Fat 15.5g, Saturated Fat 4.5 g, Cholesterol 85 mg, Sodium 890 mg, Carbohydrate 80 g, Protein 31 g

Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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
	Cereal Graham Crackers or Smoothies Fruit 100% Fruit Juice Low Fat Milk	Chocolate Filled Crescent or Smoothies 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
Grape Filled Crescent Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers or Smoothies Fruit 100% Fruit Juice Low Fat Milk	Strawberry Gogurt Graham Crackers or Smoothies 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 or Smoothies Fruit 100% Fruit Juice Low Fat Milk	Grape Filled Crescent 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
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers or Smoothies Fruit 100% Fruit Juice Low Fat Milk	Pancakes or Smoothies 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 or Smoothies Fruit 100% Fruit Juice Low Fat Milk	Chocolate Filled Crescent or Smoothies 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

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.



Fresh Fruit and vegetables are offered daily to include apples, oranges, bananas, seasonal fruit, fresh broccoli, cucumbers, tomatoes, and peppers. A variety of milk will be offered: 1% White Milk, Skim White Milk and Non-Fat Chocolate Milk. Students may take: 1 milk, 1 meat item, 1 whole grain bread item, 1 fruit item, ad 2 vegetable items. All other items are charged a la carte.

