

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

REMEMBER ANYONE WHO QUALIFIES FOR A FREE LUNCH OR REDUCED LUNCH ALSO QUALIFIES FOR A FREE BREAKFAST OR REDUCED BREAKFAST



1
Homemade Lasagna w/wo Fresh Baked Garlic Breadstick
Chicken Patty Sandwich
Chicken Caesar Salad w/wo Fresh Baked Breadstick
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Steamed Broccoli
Diced Pears/Low Fat Milk

2
Chicken Tenders w/wo Fresh Baked WG Biscuit
Fish & Cheese Sandwich
Chicken Caesar Salad w/wo Fresh Baked WG Biscuit
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
French Fries
Mixed Fruit/Low Fat Milk

5
French Toast Sticks w/wo sausage
Hamburger or Cheeseburger
Fun on the Run Pizza Lunchable
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Tater Tots
Applesauce
Low Fat Milk

6
Cheese or Pepperoni Pizza
Bean & Cheese Burrito
Fun on the Run Pizza Lunchable
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Steamed Carrots
Pineapple Tidbits
Low Fat Milk

7
Soft Shell Taco
Mini Corn Dogs
Fun on the Run Pizza Lunchable
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Baked Beans
Diced Pears
Low Fat Milk

8
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

9
Chicken Nuggets w/wo Fresh Baked WG Roll
Breakfast Flatbread
Fun on the Run Pizza Lunchable
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Cauliflower
Diced Peaches
Low Fat Milk

12
Pancakes w/wo Sausage
Hamburger or Cheeseburger
Ham & Cheese Sandwich
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Hash Browns
Mandarin Oranges
Low Fat Milk

13
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

14
THANKSGIVING MEAL
Roasted Turkey w/wo Fresh Baked WG Roll
w/wo dressing
Mashed Potatoes w/wo gravy
Green Beans/Cranberry Sauce
Assorted Seasonal Fresh Fruits & Vegetables
Low Fat Milk

15
Grilled Cheese Sandwich
Chicken Patty Sandwich
Ham & Cheese Sandwich
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Baked Beans/Tomato Soup
Diced Pears
Low Fat Milk

16
Chicken & Waffles
Fish & Cheese Sandwich
Ham & Cheese Sandwich
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Steamed Broccoli
Diced Peaches
Low Fat Milk

19
Homemade Chicken Pot Pie over Fresh Baked WG Biscuit
Hamburger or Cheeseburger
Garden Cheese Salad w/wo Fresh Baked WG Biscuit
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Carrot Coins/Mixed Fruit
Low Fat Milk

20
Cheese or Pepperoni Pizza
Cheese Quesadilla
Garden Cheese Salad w/wo Fresh Baked WG Roll
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Steamed Broccoli
Applesauce
Low Fat Milk

21
NO SCHOOL



23
NO SCHOOL

26
Dutch Waffle w/wo Strawberry Topping w/wo Eggs
Hamburger or Cheeseburger
Yummy Yogurt Parfait
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Tater Tots
Applesauce
Low Fat Milk

27
Cheese or Pepperoni Pizza
Chicken & Bacon Ranch Flatbread
Yummy Yogurt Parfait
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Steamed Carrots
Mandarin Oranges
Low Fat Milk

28
Beefy Nachos
Mini Corn Dogs
Yummy Yogurt Parfait
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Refried Beans
Diced Pears
Low Fat Milk

29
Homemade Macaroni & Cheese
Chicken Patty Sandwich
Yummy Yogurt Parfait
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Steamed Broccoli
Diced Peaches
Low Fat Milk

30
Popcorn Chicken w/wo Fresh Baked WG Roll
Steak & Cheese Sub
Yummy Yogurt Parfait
Peanut Butter & Jelly Sandwich
Assorted Seasonal Fresh Fruits & Vegetables
Green Beans
Mixed Fruit
Low Fat Milk

Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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

www.liftoffplayground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | | French Toast Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk |
| Breakfast Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Gogurt w/Teddy Grahams Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Chocolate Crescent Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk |
| Oatmeal Bar Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Egg & Sausage Talbot Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | French Toast Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk |
| Breakfast Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Gogurt w/wo Teddy Grahams Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Oatmeal Bar Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Egg & Sausage Talbot Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Milk | French Toast Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk | Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk |

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



Students may take: 1 milk, 1 meat/meat alternative, 1 whole grain item, 1 fruit item and 2 veggie servings for lunch. All other items are charged a la carte. They may purchase extra food a la carte. A la carte items available for students to purchase include: Baked chips (variety of flavors), low fat ice cream including ice cream cones, cups, sandwiches, and sherbets. We also offer whole grain Rice Krispy Treats, whole grain cookies including chocolate chip, m&m cookies, chocolate cookies and sugar cookies., Scooby Fruit Snacks and Fruit Roll Ups. We also sell bottled water. Chips run \$.50 to \$1.00 depending on size and brand. Ice Cream is \$.90, Cookies are \$.75 each, Large Rice Krispy Treats - \$1.00, Mini Rice Krispy Treats \$.25, Scooby Fruit Snacks and Fruit Roll Ups \$.50.

Nutrition Information is available upon request.

