

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
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

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

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

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 Fruit & 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 26.00 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 or 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 26.40g

28
NO SCHOOL

29
Cheese or Pepperoni Pizza
Beef & Cheese Quesadilla
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 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 15.5 g, Saturated Fat 4.5g, 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
	Sausage Biscuit Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Chocolate Filled Crescent Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Dutch Waffle Fruit Smoothie w/wo Teddy Grahams 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 Muffin Fruit Smoothies w/wo Animal Crackers Cereal w/wo Toast Fruit, 100% Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Fruit Smoothies w/wo Teddy Grahams Cereal w/wo Toast Fruit 10% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Sausage Biscuit Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Gogurt w/wo Graham Crackers Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Grape Filled Crescent Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Fruit Smoothies w/wo Teddy Grahams 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
Warm Fruit Frudel Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Egg & Sausage Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Fruit Smoothies w/wo Teddy Grahams 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	Gogurt w/wo Graham Crackers Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Chocolate Filled Crescent Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Fruit Smoothies w/wo Animal Crackers 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

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. Student may take: 1 milk, 1 meat item, 1 whole grain bread item, and 2 vegetable items. All other items are charged a la carte.

