

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Bacon Cheeseburger
 BBQ Chicken Flatbread
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Baked Beans
 Diced Peaches
 Low Fat Milk

4

Cheese or Pepperoni Pizza
 Beef & Cheese Quesadilla
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Carrot Coins
 Applesauce
 Low Fat Milk

5

Chicken & Veggie Stir Fry w/wo Fried Rice
 Grilled Ham & Cheese Sandwich
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Oriental Mixed Vegetables
 Pineapple Tidbits
 Low Fat Milk

6

Homemade Lasagna w/wo Fresh Baked WG Breadstick
 Chicken Patty Sandwich
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Steamed Broccoli
 Diced Pears
 Low Fat Milk

7

Chicken Nuggets w/wo Fresh Baked WG Roll
 Fish & Cheese Sandwich
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 French Fries
 Mixed Fruit
 Low Fat Milk

10

French Toast Sticks w/wo Sausage Hamburger or Cheeseburger
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Tater Tots
 Applesauce
 Low Fat Milk

11

Cheese or Pepperoni Pizza
 Bean & Cheese Burrito
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Steamed Carrots
 Pineapple Tidbits
 Low Fat Milk

12

Hot Open Faced Turkey Sandwich
 Mini Corn Dogs
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Mashed Potatoes, Gravy
 Diced Pears
 Low Fat Milk

13

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

14

Chicken Tenders w/Maple Mustard Sauce
 Breakfast Flatbread
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Baked Beans
 Apple Crisp
 Low Fat Milk

17

Pancakes w/wo Sausage
 Hamburger or Cheeseburger
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Tater Tots
 Mandarin Oranges
 Low Fat Milk

18

Cheese or Pepperoni Pizza
 Chicken & Cheese Flatbread
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Steamed Carrots
 Pineapple Tidbits
 Low Fat Milk

19

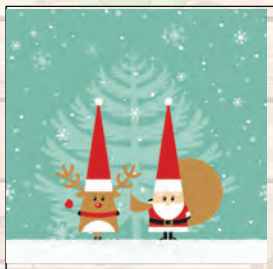
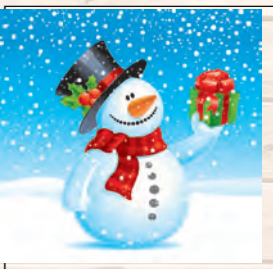
Chicken Nachos
 Hot Dog on a Bun
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Baked Beans
 Mixed Fruit
 Low Fat Milk

20

Grilled Cheese Sandwich
 Chicken Patty Sandwich
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Tomato Soup/Green Beans
 Diced Pears
 Low Fat Milk

21

Chicken & Waffles
 Fish & Cheese Sandwich
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Steamed Broccoli
 Strawberry Cups
 Low Fat Milk



27

NO SCHOOL

28

NO SCHOOL

31

Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Muffin 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	Breakfast Sandwich 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
Chocolate Crescent Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Muffin 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
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
NO SCHOOL				

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.

Students may take: 1 milk, 1 meat/meat alternative, 1 whole grain, 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 and bottled water \$.50

Nutrition Information is available upon request.