

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

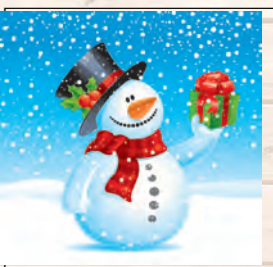
Chicken Nachos
Hot Dog on a Bun
Turkey & Cheese Sandwich
Peanut Butter & Jelly Sandwich
Baked Beans
Mixed Fruit
Low Fat Milk

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

NO SCHOOL

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
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	Fruit Frudel Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Muffin Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinn 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/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/w Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
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 serving 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 the 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.