

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**  
Italian Dunkers (V)  
Groovy Green Beans, Diced Peaches

**2**  
Chicken & Waffles  
Potato Smiles, Sliced Apples

**3**  
Steak Fingers with Dinner Roll  
Green Peas & Carrots, Applesauce  
\*Freshly Baked Cookie\*

**4**  
Cheese Pizza (V)  
Refried Beans, Mixed Fruit

**7**  
Italian Dunkers (V)  
Western Baked Beans, Pineapple Tidbits

**8**  
Bean & Cheese Nachos (V)  
Green Peas, Diced Peaches  
\*Mini Rice Krispies Treat\*

**9**  
Chicken Nuggets with Dinner Roll  
Creamy Mashed Potatoes & Gravy,  
Diced Pears

**10**  
Spaghetti & Meatballs with Breadstick  
Green Beans, Apple Sauce

**11**  
Pepperoni Pizza  
Mixed Vegetables, Orange Smiles

\*\*Did you know that carrots are rich in beta-carotene? Beta-carotene is great for providing healthy eyesight! Be sure to eat your carrots this month in honor of healthy vision month!

**14**  
Hot Turkey & Cheese Sandwich  
Groovy Green Beans, Pineapple Tidbits

**15**  
Corn Dog  
Mixed Vegetables, Diced Peaches  
\*Freshly Baked Cookie\*

**16**  
Chicken & Waffles  
Potato Smiles, Apple Slices

**17**  
Hot Dog  
Seasoned Carrots, Applesauce

**18**  
Cheese Pizza (V)  
Western Baked Beans, Mixed Fruit

**21**  
Cheeseburger  
Mixed Vegetables, Pineapple Tidbits

**22**  
Crispy Chicken Sandwich  
Tater Tots, Diced Peaches  
\*Freshly Baked Cookie\*

**23**  
Chicken Nuggets with Dinner Roll  
Creamy Mashed Potatoes & Gravy,  
Sliced Apples

**24**  
Hot Dog  
Refried Beans, Applesauce

**25**  
Cheese Pizza (V)  
Green Peas, Orange Smiles

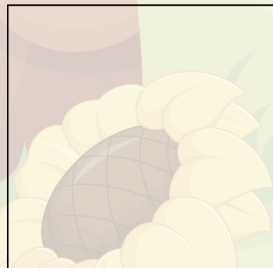
(V) Denotes a vegetarian friendly item. Local ingredients used when seasonally available. Variety of fat free and low fat milk are offered daily.

**28**

**29**  
SUMMER BREAK!!

**30**  
SEE YOU IN THE FALL!

**31**



Lunch Prices: Paid: \$2.60 Reduced: \$0.40 Adult: \$4.00 District Adult: 3.25

This institution is an equal opportunity provider.

## 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
	May 1 Pancakes Cereal Bar Orange Smiles	May 2 Breakfast Pizza Bagel & Cream Cheese Bananas	May 3 Cheesy Scrambled Eggs Pop Tart Mixed Fruit	May 4 Biscuit & Gravy Mini Donuts Diced Pears
May 7 Sausage Biscuit Yogurt & Goldfish Graham Cracker Diced Peaches	May 8 Pancake Sausage Wrap Cereal Bar Orange Smiles	May 9 Breakfast Pizza Bagel & Cream Cheese Bananas	May 10 Breakfast Taco Pop Tart Mixed Fruit	May 11 Biscuit & Gravy Nutrigrain Bar Diced Pears
May 14 **National Biscuit Day: Honey Glazed Chicken Biscuit Yogurt & Goldfish Graham Cracker Diced Peaches	May 15 Pancakes Cereal Bar Orange Smiles	May 16 Breakfast Pizza Chocolate Muffin Bananas	May 17 Cheesy Omelet Pop Tart Mixed Fruit	May 18 Biscuit & Gravy Mini Donuts Diced Pears
May 21 Egg & Cheese Breakfast Bagel Yogurt & Goldfish Graham Cracker Diced Peaches	May 22 Pancake Sausage Wrap Cereal Bar Orange Smiles	May 23 Breakfast Pizza Blueberry Muffin Bananas	May 24 Breakfast Taco Pop Tart Orange Smiles	May 25 Biscuit & Gravy Nurtigrain Bar Diced Pears
	Have A Great Summer!!			

### Fresh Pick Recipe

#### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber



### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

