

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**

**1**  
Terrific Turkey & Cheese Sandwich on Whole Wheat Bread  
Beefy Mac  
Chicken & Waffles  
~~~~~  
Emoji Potatoes,  
Garden Salad, Diced Pears & Sliced Apples

**2**  
Kidzable: Protein Power!  
Goopy Grilled Cheese Sandwich (V)  
Steak Fingers with Dinner Roll  
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Bananas  
\*Freshly Baked Cookie\*

**3**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Crispy Chicken Sandwich  
Cheese Pizza (V)  
~~~~~  
Western Baked Beans,  
Garden Salad, Mixed Fruit & Orange Smiles

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**6**  
Strawberry Banana Parfait with String Cheese (V)  
Rib-b-que Sandwich  
Italian Dunkers (V)  
~~~~~  
Western Baked Beans, Garden Salad, Baby Carrots, Mixed Fruit & Orange Smiles

**7**  
Kidzable: Turkey & Mozzarella  
Cheesy Chicken Spaghetti  
Hamburger  
~~~~~  
Tater Tots, Caesar Salad, Diced Peaches  
\*Mini Rice Krispies Treat!\*

**8**  
Ham & Cheese Sandwich on Whole Wheat Bread  
Chicken Fried Steak Sandwich  
Chicken Nuggets with Dinner Roll  
~~~~~  
Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

**9**  
Kidzable: Italian  
Corn Dog  
French Toast Sticks with Scrambled Eggs & Sausage  
~~~~~  
Groovy Green Beans, Fresh Broccoli, Caesar Salad, Applesauce & Bananas

**10**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Frito Chili Pie  
Pepperoni Pizza  
~~~~~  
Seasoned Mixed Vegetables, Garden Salad, Mixed Fruit & Orange Smiles

Variety of fat free and low fat milk are offered daily.

**13**  
Blueberry Patch Parfait with String Cheese (V)  
Charbroiled Cheeseburger  
Zesty Orange Chicken with Brown Rice  
~~~~~  
Groovy Green Beans, Baby Carrots, Garden Salad, Mixed Fruit & Orange Smiles

**14**  
Kidzable: Ham & Cheese  
Beefy Nachos  
Steak Fingers  
~~~~~  
Mashed Potatoes & Gravy/Mixed Vegetables,  
Caesar Salad, Diced Peaches  
\*Freshly Baked Cookie\*

**15**  
Terrific Turkey & Cheese Sandwich on Whole Wheat Bread  
Creamy Macaroni & Cheese (V)  
Chicken & Waffles  
~~~~~  
Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Sliced Apples

**16**  
Kidzable: Turkey & Mozzarella  
Home Run Hot Dog  
Chicken Enchilada Suiza  
~~~~~  
Seasoned Carrots, Caesar Salad, Applesauce

**17**  
Sunbutter & Jelly Sandwich (V)  
Mesquite Glazed Drumstick with Dinner Roll  
Cheese Pizza (V)  
~~~~~  
Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item.

**20**  
Double Berry Parfait with String Cheese (V)  
Crispy Chicken Sandwich  
Savory Spaghetti & Meatballs  
~~~~~  
Mixed Vegetables, Garden Salad, Baby Carrots, Mixed Fruit & Orange Smiles

**21**  
Kidzable: Ham & Cheese  
Cheesy Omelet with Toast (V)  
Italian Dunkers  
~~~~~  
Tater Tots, Caesar Salad, Broccoli, Diced Peaches  
\*Freshly Baked Cookie!\*

**22**  
Terrific Turkey & Cheese Sandwich  
Rib-b-que Sandwich  
Chicken Nuggets with Dinner Roll  
~~~~~  
Whipped Potatoes & Country Gravy, Garden Salad, Baby Carrots, Diced Pears & Sliced Apples

**23**  
Managers Choice

**24**  
managers Choice

Have a Great Summer Break!

**27**

**28**

**29**

**30**

**31**

## 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.

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

| MONDAY                                                                                         | TUESDAY                                                                              | WEDNESDAY                                                                       | THURSDAY                                                                                          | FRIDAY                                                                         |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| **National Biscuit Day on May 14th!                                                            |                                                                                      | May 1<br>Breakfast Pizza<br>Yogurt & Goldfish<br>Graham Cracker<br>Bananas      | May 2<br>Egg & Cheese<br>Breakfast Sandwich<br>Whole Grain Cinnamon<br>Sugar Donut<br>Mixed Fruit | May 3<br>Biscuit & Gravy<br>Strawberry NutriGrain<br>Bar<br>Diced Pears        |
| May 6<br>Honey Glazed Chicken<br>Biscuit<br>Soft Cinnamon Toast<br>Crunch Bar<br>Diced Peaches | May 7<br>French Toast Sticks<br>Yogurt & Goldfish<br>Graham Cracker<br>Orange Smiles | May 8<br>Breakfast Pizza<br>Blueberry Muffin<br>Bananas                         | May 9<br>Breakfast Taco<br>Whole Grain Cinnamon<br>Roll<br>Mixed Fruit                            | May 9<br>Biscuit & Gravy<br>Strawberry NutriGrain<br>Bar<br>Diced Pears        |
| May 13<br>Pancake Sausage<br>Wrap<br>Glazed Whole Grain<br>Donut<br>Diced Peaches              | May 14<br>**Sausage Biscuit<br>Double Chocolate Muffin<br>Orange Smiles              | May 15<br>Breakfast Pizza<br>Apple Cinnamon<br>Nutrigrain Bar<br>Bananas        | May 16<br>Cheesy Omelet<br>Whole Grain Cinnamon<br>Roll<br>Mixed Fruit                            | May 17<br>Breakfast Taco<br>Yogurt & Goldfish<br>Graham Cracker<br>Diced Pears |
| May 20<br>Honey Glazed Chicken<br>Biscuit<br>Whole Grain Banana<br>Muffin<br>Diced Peaches     | May 21<br>Pancakes<br>Hard Boiled Egg<br>Orange Smiles                               | May 22<br>Breakfast Pizza<br>Yogurt & Goldfish<br>Graham Cracker<br>Mixed Fruit | May 23<br>Managers Choice                                                                         | May 24<br>Managers Choice                                                      |
|                                                                                                |                                                                                      |                                                                                 |                                                                                                   |                                                                                |

### Fresh Pick Recipe

#### RICE WITH LEMONY CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.



### 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.

Nutrition Information is available upon request.

