

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**1**

Classic Ham & Cheese Sandwich  
Crispy Chicken Sandwich  
Italian Dunkers (V)

Western Baked Beans, Baby Carrots,  
Garden Salad, Pineapple Tidbits &  
Orange Smiles

**2**

Sunbutter & Jelly Sandwich on Whole  
Wheat Bread (V)  
Italian Dunkers (V)

Groovy Green Beans, Fresh Broccoli,  
Caesar Side Salad, Diced Peaches &  
Fresh Bananas

**3**

Kidzable: Turkey & Mozzarella  
Grilled Ham & Cheese Sandwich  
Chicken & Waffles

Potato Smiles, Celery Sticks, Garden  
Side Salad, Diced Pears & Sliced  
Apples

**4**

All American Sandwich on Whole  
Wheat Bread  
Chicken Alfredo with Breadstick  
Steak Fingers with Dinner Roll

Mashed Potatoes & Gravy, Fresh  
Broccoli, Caesar Side Salad,  
Applesauce & Fresh Bananas  
\*Freshly Baked Cookie\*

**5**

Just Peachy Parfait with String  
Cheese (V)  
Turkey & Cheese  
Cheese Pizza (V)

Refried Beans, Garden Salad, Celery  
Sticks, Mixed Fruit & 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!

**7**

Classic Ham & Cheese Sandwich  
Goey Grilled Cheese Sandwich  
Zesty Orange Chicken with Brown  
Rice

Groovy Green Beans, Baby Carrots,  
Garden Salad, Pineapple Tidbits &  
Orange Smiles

**8**

Sunbutter & Jelly Sandwich on Whole  
Wheat Bread (V)  
Corn Dog  
Cheese Ravioli with Breadstick (V)

Mixed Vegetables, Celery Sticks,  
Caesar Salad, Diced Peaches &  
Fresh Bananas  
\*Freshly Baked Cookie\*

**9**

Kidzable: Ham & Cheese  
Chicken Fried Steak Sandwich  
Chicken Nuggets with Dinner Roll

Creamy Mashed Potatoes & Gravy,  
Baby Carrots, Garden Salad, Diced  
Pears & Apple Slices

**10**

Field Day  
Sack Lunch

Hot Dog, Juice Box, Chips,  
Apple Slices,  
Mini Rice Krispie Treat

**11**

Strawberry Banana Parfait with String  
Cheese (V)  
Creamy Macaroni & Cheese with  
Breadstick (V)  
Pepperoni Pizza

Mixed Vegetables, Celery Sticks,  
Garden Salad, Mixed Fruit & Orange  
Smiles



**14**

Classic Ham & Cheese Sandwich  
Cheeseburger  
Spaghetti & Meatsauce with  
Breadstick

Mixed Vegetables, Baby Carrots,  
Garden Salad, Pineapple Tidbits &  
Orange Smiles

**15**

Sunbutter & Jelly Sandwich (V)  
Wheat Bread (V)  
Crispy Chicken Sandwich

Tater Tots, Fresh Broccoli, Caesar  
Salad, Diced Peaches  
& Bananas  
\*Freshly Baked Cookie\*

**16**

Kidzable: Build Your Own Pizza  
Cheeseburger  
Chicken & Waffles

Potato Smiles, Fresh Broccoli, Garden  
Salad, Diced Pears & Apple Slices

**17**

All American Sandwich on Whole  
Wheat Bread  
Homerun Hot Dog  
Giant Beef Taco with Spanish Rice

Refried Beans, Fresh Broccoli,  
Caesar Side Salad, Applesauce &  
Fresh Bananas

**18**

Blueberry Patch Parfait with String  
Cheese (V)  
Terrific Turkey & Cheese Sandwich  
Cheese Pizza (V)

Western Baked Beans, Fresh  
Broccoli, Garden Side Salad, Mixed  
Fruit & 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.

**21**

Classic Ham & Cheese Sandwich  
Cheeseburger  
Spaghetti & Meatsauce with  
Breadstick

Mixed Vegetables, Baby Carrots,  
Garden Salad, Pineapple Tidbits &  
Orange Smiles

**22**

Sunbutter & Jelly Sandwich on Whole  
Wheat Bread (V)  
Cheesy Omelet with Buttery Toast (V)  
Crispy Chicken Sandwich

Tater Tots, Fresh Broccoli, Caesar  
Salad, Diced Peaches  
& Bananas  
\*Freshly Baked Cookie\*

**23**

Kidzable: Ham & Cheese  
Bean & Cheese Nachos  
Chicken Nuggets with Dinner Roll

Creamy Mashed Potatoes & Gravy,  
Baby Carrots, Garden Side Salad,  
Diced Pears & Sliced Apples

**24**

All American Sandwich on Whole  
Wheat Bread  
Homerun Hot Dog  
Giant Beef Taco with Spanish Rice

Refried Beans, Fresh Broccoli,  
Caesar Side Salad, Applesauce &  
Fresh Bananas

**25**

Double Berry Parfait with String  
Cheese (V)  
Frito Chili Pie  
Cheese Pizza (V)

Green Peas, Celery Sticks, Garden  
Side Salad, Mixed Fruit & Orange  
Smiles

**28** **29** **30** **31**

SUMMER BREAK!! SEE YOU IN THE FALL!

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

## 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.

