

MONDAY



TUESDAY



WEDNESDAY

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

### THURSDAY

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

FRIDAY

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

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

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

**8**  
 Classic Chef Salad  
 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
 Chicken Caesar Salad
 Kidzable: Italian Corn Dog
 French Toast Sticks with Scrambled Eggs & Sausage
 ~~~~~  
 Groovy Green Beans, Fresh Broccoli, Caesar Salad, Applesauce & Bananas

**10**  
 Chicken Caesar Salad  
 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)
 All American Sandwich
 Charbroiled Cheeseburger
 Zesty Orange Chicken with Brown Rice
 ~~~~~  
 Groovy Green Beans, Baby Carrots, Garden Salad, Mixed Fruit & Orange Smiles

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

15
 Classic Chef Salad
 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**  
 Chicken Caesar Salad  
 Kidzable: Turkey & Mozzarella  
 Home Run Hot Dog  
 Chicken Enchilada Suiza  
 ~~~~~  
 Seasoned Carrots, Caesar Salad, Applesauce

17
 Chicken Caesar Salad
 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)  
 All American Sandwich  
 Crispy Chicken Sandwich  
 Savory Spaghetti & Meatballs  
 ~~~~~  
 Mixed Vegetables, Garden Salad, Baby Carrots, Mixed Fruit & Orange Smiles

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

**22**  
 Classic Chef Salad  
 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

BREAKFAST MENU

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

