

MONDAY



TUESDAY



WEDNESDAY

1

Chicken & Waffles

Emoji Potatoes,
Diced Pears

THURSDAY

2

Steak Fingers with Dinner Roll

Whipped Potatoes & Gravy,
Applesauce

Freshly Baked Cookie

FRIDAY

3

Cheese Pizza (V)

Western Baked Beans,
Mixed Fruit



6

Italian Dunkers (V)

Western Baked Beans,
Orange Smiles

7

Hamburger

Tater Tots,
Diced Peaches
Mini Rice Krispies Treat!

8

Chicken Nuggets with Dinner Roll

Whipped Potatoes & Gravy,
Diced Pears

9

Corn Dog

Groovy Green Beans,
Applesauce

10

Pepperoni Pizza

Seasoned Mixed Vegetables,
Mixed Fruit

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

13

Charbroiled Cheeseburger

Groovy Green Beans,
Mixed Fruit

14

Steak Fingers

Mashed Potatoes & Gravy,
Mixed Vegetables,
Diced Peaches
Freshly Baked Cookie

15

Chicken & Waffles

Emoji Potatoes,
Diced Pears

16

Home Run Hot Dog

Seasoned Carrots,
Applesauce

17

Cheese Pizza (V)

Western Baked Beans,
Mixed Fruit

(V) Denotes a vegetarian friendly item.

20

Crispy Chicken Sandwich

Mixed Vegetables,
Orange Smiles

21

Italian Dunkers

Tater Tots,
Diced Peaches
Freshly Baked Cookie!

22

Chicken Nuggets with Dinner Roll

Whipped Potatoes & Country Gravy,
Diced Pears

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
		May 1 Cereal Goldfish Cracker Milk Juice	May 2 Cereal Goldfish Cracker Milk Juice	May 3 Cereal Goldfish Cracker Milk Juice
May 6 Cereal Goldfish Cracker Milk Juice	May 7 Cereal Goldfish Cracker Milk Juice	May 8 Cereal Goldfish Cracker Milk Juice	May 9 Cereal Goldfish Cracker Milk Juice	May 9 Cereal Goldfish Cracker Milk Juice
May 13 Cereal Goldfish Cracker Milk Juice	May 14 Cereal Goldfish Cracker Milk Juice	May 15 Cereal Goldfish Cracker Milk Juice	May 16 Cereal Goldfish Cracker Milk Juice	May 17 Cereal Goldfish Cracker Milk Juice
May 20 Cereal Goldfish Cracker Milk Juice	May 21 Cereal Goldfish Cracker Milk Juice	May 22 Cereal Goldfish Cracker Milk Juice	May 23 Cereal Goldfish Cracker Milk Juice	May 24 Cereal Goldfish Cracker Milk Juice

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.

