

MONDAY



TUESDAY

1

Turkey & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat

WEDNESDAY

2

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

THURSDAY

3

Turkey, Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat



Local ingredients used when seasonally available.

7

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

8

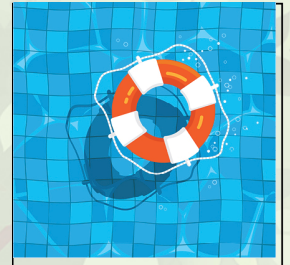
Turkey & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat

9

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

10

Turkey, Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat



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

14

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

15

Turkey & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat

16

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

17

Turkey, Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat



(V) Denotes a vegetarian friendly item.

21

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

22

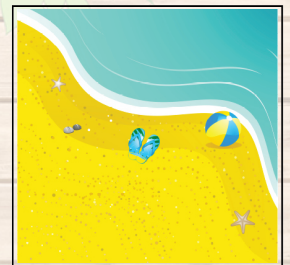
Turkey & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat

23

Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk

24

Turkey, Ham & Cheese Sandwich
Chips
Fresh Veggie
Whole fruit
Milk
Rice Krispie Treat



28

29

30



Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Confetti Pancakes Syrup Juice Milk	Muffin Juice Milk	Cereal Juice Milk	
Cereal Juice Milk	Poptart Juice Milk	Mini Cinnis Juice Milk	Cereal Juice Milk	
Cereal Juice Milk	Confetti Pancakes Syrup Juice Milk	Muffin Juice Milk	Cereal Juice Milk	
Cereal Juice Milk	Poptart Juice Milk	Mini Cinnis Juice Milk	Cereal Juice Milk	

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



100% post-consumer



Nutrition Information is available upon request.