

MONDAY



TUESDAY



WEDNESDAY

1

Crispy Chicken Sandwich
 Potato Wedges
 Mixed Fruit
 Chocolate 1% Milk
 1% White Milk

THURSDAY

2

Corn Dogs
 Baked Beans
 Fresh Broccoli
 Orange Smiles
 Chocolate 1% Milk
 1% White Milk



Fresh Pick of the Month: Strawberries!

6

Classic Mac & Cheese
 Twisted Breadstick
 Side Salad
 Diced Peaches
 Chocolate 1% Milk
 1% White Milk

7

Beefy Nachos
 Refried Beans
 Diced Pears
 Chocolate 1% Milk
 1% White Milk

8

Hot Dog
 Tater Tots
 Fresh Broccoli
 Applesauce
 Chocolate 1% Milk
 1% White Milk

9

Popcorn Chicken w/ Roll
 Green Beans
 Mixed Fruit
 Chocolate 1% Milk
 1% White Milk



Local ingredients used when seasonally available

13

Cheese Pizza
 Baby Carrots
 Applesauce
 Chocolate 1% Milk
 1% White Milk

14

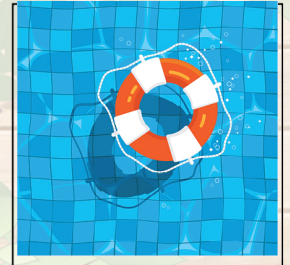
Cheeseburger
 Tater Tots
 Mixed Vegetables
 Diced Pears
 Chocolate 1% Milk
 1% White Milk

15

Barbecue Chicken Sandwich
 Baked Beans
 Applesauce
 Veggie Sticks w/Ranch
 Chocolate 1% Milk
 1% White Milk

16

Chicken Nuggets w/Dinner Roll
 Green Beans
 Mixed Fruit
 Chocolate 1% Milk
 1% White Milk



Variety of fat free and low fat milk offered daily

20

Crispy Chicken Sandwich
 Potato Wedges
 Mixed Vegetables
 Diced Peaches
 Chocolate 1% Milk

21

Pepperoni Pizza
 Garden Salad
 Diced Pears
 Chocolate 1% Milk
 1% White Milk

22

Frito Chili Pie
 Applesauce
 Mixed Vegetables
 Chocolate 1% Milk
 1% White Milk

23

Meatball Sub
 Baked Beans
 Corn
 Fresh Fruit
 Chocolate 1% Milk
 1% White Milk



(V) denotes vegetarian friendly item

27

Mexi-Chicken Nachos
 Refried Beans
 Baby Carrots
 Chocolate 1% Milk
 1% White Milk

28

Cheeseburger
 Tater Tots
 Green Beans
 Diced Peaches
 Chocolate 1% Milk
 1% White Milk

29

Chicken Nuggets w/Dinner Roll
 Mashed Potatoes and Gravy
 Fresh Fruit
 Chocolate 1% Milk
 1% White Milk

30

Pepperoni Pizza
 Mixed Vegetables
 Fresh Fruit
 Chocolate 1% Milk
 1% White Milk



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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		June 1 French Toast Sticks Assorted Cereal Fruit Milk Juice	June 2 Variety of Muffins Assorted Cereal Fruit Milk Juice	
June 6 American Breakfast Sandwich Assorted Cereal Fruit Milk	June 7 Pancakes Assorted Cereal Diced Peaches Milk Juice	June 8 Breakfast Pizza Assorted Cereal Applesauce Milk Juice	June 9 Breakfast Taco Roll Assorted Cereal Orange Smiles Milk Juice	
June 13 Biscuits and Gravy Assorted Cereal Diced Pears Milk Juice	June 14 French Toast Sticks Assorted Cereal Applesauce Milk Juice	June 15 Variety of Muffins Assorted Cereal Diced Peaches Milk Juice	June 16 Breakfast Egg Sandwich Assorted Cereal Mixed Fruit Milk	
June 20 Breakfast Pizza Assorted Cereal Mixed Fruit Milk Juice	June 21 Cinnamon Rolls Assorted Cereal Diced Pears Milk Juice	June 22 Egg and Cheese Biscuit Assorted Cereal Mixed Fruit Milk	June 23 Biscuit & Gravy Assorted Cereal Diced Peaches Milk Juice	
June 27 Pancakes Assorted Cereal Applesauce Milk Juice	June 28 Breakfast Taco Roll Assorted Cereal Diced Peaches Milk Juice	June 29 Breakfast Sandwich Assorted Cereal Mixed Fruit Milk Juice	June 30 Tater Tot Breakfast Burrito Assorted Cereal Variety of Fruit	

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.