

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Egg, Ham & Cheese English Muffin

Lunch:
Sweet & Sour Rice Bowl
Hot Dog on a WG Bun
Sunbutter & Jelly Sandwich (v)
Cheese (v) & Pepperoni Pizza

2

Breakfast:
Apple Frudel (v)

Lunch:
Philly Cheesesteak Sub Sandwich
Chicken Nuggets
Ham & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

3

Breakfast:
Mini Cinnis (v)

Lunch:
Turkey Taco Nachos
Scratch Made Sloppy Joe
American Sandwich
Cheese (v) & Pepperoni Pizza

4

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Hamburger, Cheeseburger or Veggie Burger (v)
Italian Sub Sandwich
Cheese (v) & Pepperoni Pizza

5

Breakfast:
Biscuit with Jelly (v)

Lunch:
Chicken Alfredo Pasta
Chicken Burger
Sunbutter & Jelly Sandwich (v)
Cheese (v) & Pepperoni Pizza

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

6

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Hamburger, Cheeseburger or Veggie Burger (v)
Italian Sub Sandwich
Cheese (v) & Pepperoni Pizza

7

Breakfast:
Biscuit with Jelly (v)

Lunch:
Chicken Alfredo Pasta
Chicken Burger
Sunbutter & Jelly Sandwich (v)
Cheese (v) & Pepperoni Pizza

8

Breakfast:
Sausage, Egg & Cheese
Breakfast Burger

Lunch:
Teriyaki Beef & Rice
Chicken Nuggets w/ WG Roll
Turkey & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

9

Breakfast:
Chocolate Chip Breakfast Round (v)

Lunch:
Turkey Gravy over Mashed Potatoes & WG Rolls
Baked Corn Dog
American Sandwich
Cheese (v) & Pepperoni Pizza

10

Breakfast:
Fruit Muffin (v)

Lunch:
Sausage, Egg & Cheese Burger
Fish & Chips
Ham & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

11

Breakfast:
Mini Cinnis (v)

Lunch:
Turkey Taco Nachos
Hamburger, Cheeseburger or Veggie (v) Burger
American Sandwich
Cheese (v) & Pepperoni Pizza

12

Breakfast:
Apple Frudel (v)

Lunch:
Chicken Soft Tacos
Glazed Chicken Drumstick w/ Roll
Sunbutter & Jelly Sandwich (v)
Cheese (v) & Pepperoni Pizza

13

Breakfast:
Egg, Ham & Cheese Muffin

Lunch:
Popcorn Chicken Bowl w/ Roll
Turkey Hot Dogs
Ham & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

14

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Chicken Burgers
Turkey & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

15

Breakfast:
Chef's Choice

Lunch:
Chef's Choice
Please check with your school to see if you are serving lunch on this last day of school or not.

All Breakfast & Lunch Meals for the 2021-2022 School Year are FREE for ALL Students!!

16

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Chicken Burgers
Turkey & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

17

Breakfast:
Apple Frudel (v)

Lunch:
Chicken Soft Tacos
Glazed Chicken Drumstick w/ Roll
Sunbutter & Jelly Sandwich (v)
Cheese (v) & Pepperoni Pizza

18

Breakfast:
Egg, Ham & Cheese Muffin

Lunch:
Popcorn Chicken Bowl w/ Roll
Turkey Hot Dogs
Ham & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

19

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Chicken Burgers
Turkey & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

20

Breakfast:
Chef's Choice

Lunch:
Chef's Choice
Please check with your school to see if you are serving lunch on this last day of school or not.

All Menu Items are Subject to Change based on Supply Chain Availability

21

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Chicken Burgers
Turkey & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

22

Breakfast:
Apple Frudel (v)

Lunch:
Chicken Soft Tacos
Glazed Chicken Drumstick w/ Roll
Sunbutter & Jelly Sandwich (v)
Cheese (v) & Pepperoni Pizza

23

Breakfast:
Egg, Ham & Cheese Muffin

Lunch:
Popcorn Chicken Bowl w/ Roll
Turkey Hot Dogs
Ham & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

24

Breakfast:
French Toast Sticks (v) & Syrup

Lunch:
Bean & Cheese Burrito (v)
Chicken Burgers
Turkey & Cheese Sandwich
Cheese (v) & Pepperoni Pizza

25

Breakfast:
Chef's Choice

Lunch:
Chef's Choice
Please check with your school to see if you are serving lunch on this last day of school or not.

(v) = meatless option
LTO = Limited Time Offer



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.liftoffplayground.com

The Mediterranean Diet is a Healthy Option for Kids

Mediterranean diet is a generic term based on the typical eating habits in the countries that border the Mediterranean Sea. The Mediterranean diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats. Nutrients from these foods help support optimal growth and development while also promoting a healthy weight. Traditional Mediterranean populations also include regular physical activity in their routine and make eating a positive, social experience. The following suggestions will help get you started with this heart-healthy nutrition plan:

1. Build a strong base. Instead of making meat the main event, use plant-based foods, such as fruits, vegetables, beans and whole grains, the foundation of your meal plan.

2. Get friendly with beans. You won't find lots of red meat or even much chicken in this diet, but there are plenty of beans and lentils. Beans are loaded with plant protein, fiber, carbohydrates and are naturally low in fat. Beans also supply potassium, magnesium and iron.

3. Add more seafood. Fish plays a starring role in the Mediterranean diet. It is a top source of heart- and brain-friendly omega-3 essential fatty acids, plus it's packed with protein.

4. Don't fear the healthy fats. Healthful monounsaturated and polyunsaturated fats from olive oil, nuts and seeds are an important part of the Mediterranean diet. Let kids design their own trail mix using their favorite dried fruits, whole-grain cereals, nuts and seeds. If you have small children, use caution with nuts and seeds because they present a potential choking hazard.

For recipes related to the Mediterranean Diet check out: <https://www.allrecipes.com/recipes/16704/healthy-recipes/mediterranean-diet/>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00
LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00

All meals for the 2021-2022 school year are FREE for all students!

Nutrition Information is available upon request.