

MONDAY



3

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



11



13



17

Pulled Pork Sandwich
Chicken Nuggets
Lift-Off's Spinach Salad with Breadstick
Turkey and Cheese Sub
Chilled Sliced Peaches
Green Beans
Salad Mix
Milk

18

Breaded Chicken Sandwich
Chicken Bacon and Ranch Wrap
Spaghetti and Meat Sauce with Garlic Knot
Hummus with Flatbread
Basil Corn Salad
Chilled Apple Sauce
Milk

19

Cheeseburger
Hamburger
Mini - Bento Box Deli Turkey Ham and Cheese
Chef Salad with Breadstick
Chilled Diced Pears
Tator Tots
Milk

20

Grilled Cheese Sandwich
Blueberry Parfait with String Cheese and Cookie
Pasta Chicken Alfredo with Breadstick
Chicken Caesar Salad with Breadstick and Cookie
Roasted Broccoli
Bananas
Corn
Milk

21

Beef Lasagna with Breadstick
Cheese Pizza
Buffalo Chicken Salad with Breadstick
Italian Wrap with Breadstick
Chilled Peaches
Celery Sticks
Milk

Fresh Fruits and Vegetables offered daily.

24

Veggie Burger
Chicken Nuggets with Breadstick
Lift-Off's Spinach Salad with Breadstick
Turkey Ham and Cheese Sandwich
Roasted Broccoli
Chilled Peaches
Milk

25

Chicken Corn Dog
Cheese Enchiladas
Strawberry Parfait with String Cheese
Turkey Breast & Cheese Sub
Frijoles ala Charro Beans
Tator Tots
Applesauce
Milk

26

Breaded Chicken Sandwich
Red Beans and Rice with Veggie
Sausage with Flatbread
Greek Salad with Flatbread
Zesty Italian Sandwich
Sweet Potato Fries
Canned Pears
Milk

27

Grilled Cheese Sandwich
Popcorn Chicken Bowl with Breadstick
Chef Salad with Breadstick
Veggie Wrap
Seasoned Corn
Fresh Apple
Milk

28

Mozzarella Stuffed Cheese
Breadsticks with Pizza Sauce
Baja Fish Tacos with Mexican Slaw pico do Gallo
Garden Green Salad with Breadstick
Bufalo Wrap
Roasted Cauliflower Florets
Chilled Peaches
Milk

Assorted Milk offered Daily

31

Smothered Burrito
Popcorn Chicken with Breadstick
Chicken Caesar Salad with Breadstick
Sunbutter and Jelly Sandwich
Roasted Sweet Potatoes
Chilled Peaches
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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal with String Cheese Fruit Juice Assorted Milk	Sausage Breakfast Roll Juice Assorted Milk	Cinnamon, Creamy Cheese Mini Bagel Fresh Orange Apple Juice Assorted Mile	Maple Mini Bites Pancakes Fresh Orange Apple Juice Assorted Milk	Morning Sausage Rolls Orange Apple Juice Assorted Milk
Cereal with Graham Crackers Fresh Orange Assorted Milk	Breakfast on a Stick Juice Fresh Apple Assorted Milk	Cinnamon Bun Fresh Banana Juice Assorted Milk	Cherry Strudel Fresh Orange Juice Assorted Milk	Chocolate Chip Muffin Craisins Assorted Milk
Cereal with Cheddar Cheese Stick Fresh Apple Juice Assorted 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.



Welcome Back.

For the 2023-2024 School Year, all TMISD students will have access to free Breakfast and lunch. Alacarte items such as chips and snack items are not included.

Nutrition Information is available upon request.

