

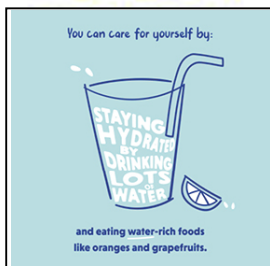
MONDAY



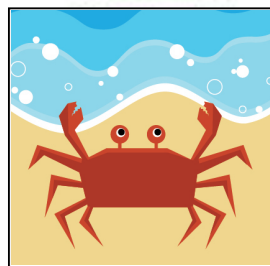
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



*Menu is subject to change based on availability. A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

3

ENTREE SELECTIONS:
Chicken & Waffles
Uncrustable PB&J w/ Cheese Stick
SIDES:
Mashed Potatoes
Celery Sticks
Fruit & Milk Choice

4

ENTREE SELECTIONS:
Hot Dog on a Bun
Hickory Ham & Cheese Sandwich
SIDES:
Baked Beans
Baby Carrots
Fruit & Milk Choice

5

ENTREE SELECTIONS:
Soft Taco
Uncrustable PB&J w/ Cheese Stick
SIDES:
Tater Tots
Garden Salad
Fruit & Milk Choice

6

ENTREE SELECTIONS:
Juicy Hamburger
Chicken Wrap
SIDES:
Mixed Vegetables
Fresh Broccoli Florets
Fruit & Milk Choice

7

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

10

ENTREE SELECTIONS:
Grilled Cheese Sandwich
Fiesta Salad
SIDES:
Tater Tots
Baby Carrots
Fruit & Milk Choice

11

ENTREE SELECTIONS:
Meatball Sub
Uncrustable PB&J w/ Cheese Stick
SIDES:
Roasted Broccoli
Cucumber Coins
Fruit & Milk Choice

12

ENTREE SELECTIONS:
Nachos
Oven Roasted Turkey & Cheese
Sandwich
SIDES:
Aztec Corn
Fresh Broccoli Florets
Fruit & Milk Choice

13

ENTREE SELECTIONS:
Barbecue Pulled Pork Sandwich
Fruit & Yo-To-Go Box
SIDES:
Baked Beans
Baby Carrots
Fruit & Milk Choice

14

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

17

ENTREE SELECTIONS:
Savory Cheeseburger
Chicken Caesar Wrap
SIDES:
French Fries
Celery Sticks
Fruit & Milk Choice

18

ENTREE SELECTIONS:
French Toast Sticks w/ Sausage
Oven Roasted Turkey & Cheese
Sandwich
SIDES:
Smile Fries
Baby Carrots
Fruit & Milk Choice

19

ENTREE SELECTIONS:
Meatball Sub
American Style Deli Sandwich
SIDES:
Roasted Broccoli
Cucumber Coins
Fruit & Milk Choice

20

ENTREE SELECTIONS:
Sweet & Sour Chicken w/ Rice
Oven Roasted Turkey & Cheese
Sandwich
SIDES:
Sesame Carrots
Fresh Broccoli Florets
Fruit & Milk Choice

21

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

24

ENTREE SELECTIONS:
Chicken Nuggets
Fiesta Salad
SIDES:
Roasted Broccoli
Baby Carrots
Fruit & Milk Choice

25

ENTREE SELECTIONS:
Stuffed Mozzarella Sticks
Hickory Ham & Cheese Sandwich
SIDES:
Baked Beans
Garden Salad
Fruit & Milk Choice

26

ENTREE SELECTIONS:
Crispy Chicken Sandwich
Oven Roasted Turkey & Cheese
Sandwich
SIDES:
Chilled Corn
Cucumber Coins
Fruit & Milk Choice

27

ENTREE SELECTIONS:
County Fair Corn Dog
Chicken Wrap
SIDES:
Seasoned Green Beans
Baby Carrots
Fruit & Milk Choice

28

A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain 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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffin w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Soft Bagel w/ Cream Cheese Fruit Choice 100% Fruit Juice Milk Choice	Assorted Cereals w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Toaster Pastry w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	
Assorted Cereals w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Muffin w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Flavor infused Waffles Fruit Choice 100% Fruit Juice Milk Choice	Soft Bagel w/ Cream Cheese Fruit Choice 100% Fruit Juice Milk Choice	
Toaster Pastry w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Assorted Cereals w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Toaster Pastry w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Muffin w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	
Muffin w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Soft Bagel w/ Cream Cheese Fruit Choice 100% Fruit Juice Milk Choice	Assorted Cereals w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	Toaster Pastry w/ String Cheese Fruit Choice 100% Fruit Juice Milk Choice	

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD
(SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber



Nutrition Information is available upon request.

