

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

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

2

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

3

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



5

\*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

8

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

9

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

10

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

11

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

12

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

15

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

16

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

17

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

18

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

19

22

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

23

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

24

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

25

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

26

29

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

30

31

## 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](http://liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Happy 4th of July!	
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	
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				

### Fresh Pick Recipe

#### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.

**nutrislice**



Nutrition Information is available upon request.

**sodexo**