

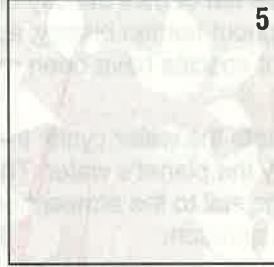
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate

9

- Chicken Quesadilla
- Pretzel Burger
- Chicken Caesar Wrap
- Chef Salad w/Roll
- Cheese & Cracker Box
- Sweet Potatoes
- Spinach Tossed Salad
- Fresh Fruit & Fruit Cup

10

- Cheesy Hot Dog
- Personal Cheese Pizza
- Chicken Caesar Wrap
- Chef Salad w/Roll
- Cheese & Cracker Box
- Sautéed Spinach
- Spinach Tossed Salad
- Fresh Fruit & Fruit Cup

11

- Baked Ziti w/Dinner Roll
- Chicken Patty Sandwich
- Chicken Caesar Wrap
- Chef Salad w/Roll
- Cheese & Cracker Box
- Carrot Sticks
- Fresh Fruit & Fruit Cup

12

- Crazy Nachos w/Rice
- Chicken Fajita
- Chicken Caesar Wrap
- Chef Salad w/Roll
- Vegetarian Refried Beans
- Rice
- Spinach Tossed Salad
- Fresh Fruit & Fruit Cup

13

- Dominos Pizza
- Fish & Chips
- Chicken Caesar Wrap
- Chef Salad w/Roll
- Cheese & Cracker Box
- Steamed Green Beans
- Spinach Tossed Salad
- Fresh Fruit & Fruit Cup

Available Daily: Chicken Nuggets and PB&J

16

- Grilled Chicken Parm Casserole
- Cheese Burger
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Boat
- Sweet Potatoes
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

17

- Roasted Herb Chicken
- Personal Cheese Pizza
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Boat
- Peas
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

18

- Raviolis w/Dinner Roll
- Chicken Patty Sandwich
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Boat
- Steamed Broccoli
- Fresh Fruit & Fruit Cup

19

- Nacho Supreme w/Rice
- Hot Turkey Sub
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Boat
- Three Bean Salad
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

20

- Dominos Pizza
- Chicken BBQ Melt
- Italian Sub
- Grilled Chicken Salad w/Roll
- Pretzel Boat
- Sautéed Green Beans
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

Menu Subject To Change.

23

- Buffalo Chicken Mac & Cheese
- Pizza Burger
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Boat
- Sweet Potatoes
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

24

- Hot Dog
- Personal Cheese Pizza
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Boat
- Golden Corn
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

25

- Pasta w/Meatsauce & Dinner Roll
- Chicken Patty Sandwich
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Boat
- Sautéed Broccoli
- Fresh Fruit & Fruit Cup

26

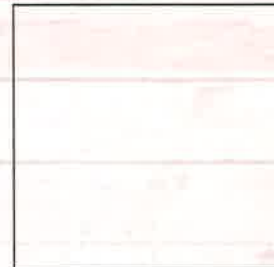
- Tacos w/Rice
- Chicken Burrito (w rice,beans&cheese)
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Boat
- Vegetarian Refried Beans
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

27

- Dominos Pizza
- Fish & Chips w/Roll
- Turkey & Cheese Sandwich
- Garden Salad w/Cheese & Roll
- Yogurt Boat
- Green Beans
- Romaine Tossed Salad
- Fresh Fruit & Fruit Cup

30

- Herb Roasted Chicken
- Cheeseburger
- Ham & Cheese Sandwich
- Turkey Club Salad w/Roll
- Bagel Boat
- Sweet Potatoes
- Spinach Tossed Salad
- Fresh Fruit & Fruit Cup



Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

1. **Food:** Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
2. **Water:** Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.

3. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International.
<http://www.bgci.org/plantconservationday/index/>



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

Finding Protein in a Plant-Based Diet

Protein is one of three energy nutrients, which means protein helps provide calories to your diet. When people adopt a vegetarian lifestyle, depending on the type of vegetarian they are (lacto-ovo, vegan, etc.) protein can be easily overlooked in the diet. This can be problematic because protein is also needed for muscle growth and repair, hair and nail growth, the production of hormones and red blood cells and the maintenance of a healthy immune system. About 15 to 20% of all the calories we eat should come from protein. Animal foods are common sources of protein, however there are also popular plant based foods that can contribute protein to a healthy diet.

Foods such as beans and legumes, tofu, tempeh and grains such as quinoa or barley are all excellent sources of protein. The key is learning how to add these foods into your daily meals and snacks. For example, beans can be added to eggs or a morning breakfast burrito, bean dips like hummus, are convenient snacks with cut up vegetables, quinoa can take the place of pasta in a meal and often foods like tofu can be substituted for animal proteins in meals like spaghetti and meat sauce, chili, lasagna or as a topping on pizza. To ensure you and your family include plenty of protein in your vegetable based diet, gather some recipes and try at least one new dish each week. Build a list of family favorites and rotate these meals into your monthly meal plan.

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

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.