

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**Daily Thrive Bar**  
**Monday:** Baby Carrots  
**Tuesday:** Chilled Corn  
**Wednesday:** Romaine or Spinach Salad  
**Thursday:** Bean Salad & Baby Carrots  
**Friday:** Celery Sticks

**1**  
 Pizza  
 Cheese or Pepperoni  
 Grilled Cheese w/Tomato Soup  
 Italian Sub  
 Grilled Chicken Salad w/Roll  
 Pretzel Boat  
 Green Pepper Strips  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

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

**4**  
 Pulled Pork Sliders  
 Pizza Burger  
 Turkey & Cheese Sandwich  
 Garden Salad w/Cheese & Roll  
 Yogurt Boat  
 Sweet Potato Bites  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

**5**  
 Poppin Popcorn Chicken w/Roll  
 Cheesy Hot Dog  
 Turkey & Cheese Sandwich  
 Garden Salad w/Cheese & Roll  
 Yogurt Boat  
 Baked French Fries  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

**6**  
 Pasta w/Meatsauce & Dinner Roll  
 Chicken Patty Sandwich  
 Turkey & Cheese Sandwich  
 Garden Salad w/Cheese & Roll  
 Yogurt Boat  
 Broccoli Bites  
 Kale Tuscan Salad  
 Fresh Fruit & Fruit Cup

**7**  
 Tacos  
 Grilled Ham & Cheese Sandwich  
 Turkey & Cheese Sandwich  
 Garden Salad w/Cheese & Roll  
 Yogurt Boat  
 Vegetarian Refried Beans  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

**8**  
 Pizza  
 Cheese or Pepperoni  
 Fish & Chips w/Dinner Roll  
 Turkey & Cheese Sandwich  
 Garden Salad w/Cheese & Roll  
 Yogurt Boat  
 Steamed Green Beans  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

CHICKEN NUGGETS OFFERED DAILY

**11**  
 Sloppy Joe  
 Bacon Cheeseburger  
 Ham & Cheese Sandwich  
 Turkey Club Salad w/Roll  
 Bagel Boat  
 Slim Stix Sweet Potato Fries  
 Spinach Tossed Salad  
 Fresh Fruit & Fruit Cup

**12**  
 Chicken in Basket w/Biscuit  
 Hot Dog w/Cheese Sauce  
 Ham & Cheese Sandwich  
 Turkey Club Salad w/Roll  
 Bagel Boat  
 Potato Wedges  
 Spinach Tossed Salad  
 Fresh Fruit & Fruit Cup

**13**  
 Macaroni & Cheese w/Dinner Roll  
 Chicken Patty  
 Ham & Cheese Sandwich  
 Turkey Club Salad w/Roll  
 Bagel Boat  
 Sautéed Spinach  
 Colorful Collards  
 Fresh Fruit & Fruit Cup

**14**  
 Crazy Nachos  
 Beef Enchilada  
 Ham & Cheese Sandwich  
 Turkey Club Salad w/Roll  
 Bagel Boat  
 Spinach Tossed Salad  
 Fresh Fruit & Fruit Cup

**15**  
 Pizza  
 Cheese or Pepperoni  
 Meatball Parm. Sub  
 Ham & Cheese Sandwich  
 Turkey Club Salad w/Roll  
 Bagel Boat  
 Celery Sticks  
 Spinach Tossed Salad  
 Fresh Fruit & Fruit Cup

Menu Subject to Change

**18**  
 Pancakes w/Sausage  
 Build a Burger Bar  
 Tuna Salad Sandwich  
 Crispy Chicken Caesar Salad  
 Cereal Boat  
 Cinnamon Sweet Potatoes  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

**19**  
 Popcorn Mashed Potato Boat  
 Grilled Ham & Cheese Pretzel Meit  
 Tuna Salad Sandwich  
 Crispy Chicken Caesar Salad  
 Cereal Boat  
 Waffle French Fries  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

**20**  
 Pasta w/Meatballs & Dinner Roll  
 Chicken Patty  
 Tuna Salad Sandwich  
 Crispy Chicken Caesar Salad  
 Cereal Boat  
 Broccoli Bites  
 White House Salad  
 Fresh Fruit & Fruit Cup

**21**  
 Walking Nachos w/Rice  
 Hot Turkey Sandwich  
 Tuna Salad Sandwich  
 Crispy Chicken Caesar Salad  
 Cereal Boat  
 BBQ Baked Beans  
 Romaine Tossed Salad  
 Fresh Fruit & Fruit Cup

**22**  
 No Lunch  
 Early Dismissal



**26**

**27**

**28**

**29**

## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[liftoffsplyground.com](http://liftoffsplyground.com)

## BREAKFAST

All Breakfast Comes with Milk, Juice, Graham Crackers, and Asst Fruit  
\$1.55, Reduce .30 and Free is Free

**MONDAY:** Asst Cereal Bag

**TUESDAY:** Assorted Muffins

**WEDNESDAY:** Crunch Mania w/ Yogurt

**THURSDAY:** Frudel Asst

**FRIDAY:** Waffles/ Pancakes (Rotate weekly)

### Fresh Pick Recipe

#### BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

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