

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2**

Pepperoni & Cheese Stuffed Sandwich  
Bacon Cheeseburger  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Hummus Bento Box  
Slim Stix Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**3**

Chicken in Basket w/Biscuit  
Hot Dog w/Cheese Sauce  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Hummus Bento Box  
Potato Wedges  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**4**

Mac & Cheese w/Dinner roll  
Chicken Patty on Bun  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Hummus Bento Box  
Sautéed Spinach  
Colorful Collards  
Fresh Fruit & Fruit Cup

**5**

Crazy Nachos(Doritos)  
Chicken Cheese Steak  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Hummus Bento Box  
Peas  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**6**

Pizza  
Cheese or Pepperoni  
Meatball Parm Sub  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Hummus Bento Box  
Celery Sticks  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

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

**9**

**10**

Italian Style Roasted Chicken  
Hot Dog  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Cinnamon Sweet Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**11**

Pasta & Meatballs w/Dinner roll  
Chicken Patty on Bun  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Broccoli Bites  
White House Salad  
Fresh Fruit & Fruit Cup

**12**

Walking Nachos w/Rice  
Hot Turkey Sandwich  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Deli Bento Box  
BBQ Baked Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**13**

Pizza  
Cheese or Pepperoni  
Cheese Steak Sub  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Deli Bento Box  
Cucumber Slices  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**16**

Cheese or Chicken Quesadilla  
Cheese Burger  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Cross Trax Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**17**

Crispy Chicken Bowl w/Roll  
Spiral Dog  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Mashed Potatoes  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**18**

Baked Ziti w/Breadstick  
Chicken Patty on Bun  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese and Cracker Boat  
Honey carrots  
Asian Bok Choy Salad  
Fresh Fruit & Fruit Cup

**19**

Tacos  
Beef Enchiladas  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Vegetarian Refried Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**20**

Pizza  
Cheese or Pepperoni  
Bacon Cheese Potato Skins  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Steamed Green Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**23**

Mozzarella Sticks w/Marinara Sauce  
Sloppy Joe Sliders  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**24**

Chicken Tenders w/Breadstick  
Hot Dog w/ Cheese Sauce  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Smile Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**25**

Pasta Bar w/Dinner Roll  
Chicken Parm Sandwich  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Steamed Broccoli  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**26**

Beef Burrito  
Grilled Cheese Tomato Soup  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Three Bean Salad  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**27**

Pizza  
Cheese or Pepperoni  
Hot Turkey Sub  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Cucumber Slices  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

CHICKEN NUGGETS OFFERED DAILY

**30**

Pancakes w/Sausage  
Pizza Burger  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Crazy Cheese Cube Bento Box  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**31**

Popcorn Chicken w/Roll  
Corn Dog  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Crazy Cheese Cube Bento Box  
Baked Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup



Chicken Nuggets Are Offered Daily



## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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

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

### BREAKFAST

**All Breakfast comes with Milk, Juice, Graham Crackers, Asst Fruit**  
**Breakfast Price-\$1.55-- Reduced .30**

**MONDAY:** Asst Cereal Bags

**TUESDAY:** Muffins

**WEDNESDAY:** Asst Cereal Bags

**THURSDAY:** Frudels

**FRIDAY:** Strawberry Pop Tarts

### Fresh Pick Recipe

RICE WITH LEMONY  
CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.

Lunch Prices \$2.55 - Reduced .40  
Breakfast Prices \$1.55 - Reduced .30  
Ala Cart is offered Daily