

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
<p>Daily Lunch Options Chicken Nuggets PB&J Sandwich</p>

2
Personal 4" Cheese Pizza Hot Dog w/Cheese Sauce Ham & Cheese Sandwich Turkey Club Salad w/Roll Sweet Peas Spinach Tossed Salad Fresh Fruit & Fruit Cup

3
Macaroni & Cheese w/ Dinner Roll Chicken Patty Ham & Cheese Sandwich Turkey Club Salad w/Roll Green Beans Fresh Fruit & Fruit Cup

4
Chicken Stir Fry Soft Shelled Beef Taco Ham & Cheese Sandwich Turkey Club Salad w/Roll Brown Rice Steamed Broccoli Spinach Tossed Salad Fresh Fruit & Fruit Cup

5
Dominos Pizza Tuna Melt Ham & Cheese Sandwich Turkey Club Salad w/Roll Glazed Carrots Spinach Tossed Salad Fresh Fruit & Fruit Cup

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

7
Pancakes w/Sausage Cheese Burger Tuna Salad Sandwich Crispy Chicken Caesar Salad Glazed Carrots Romaine Tossed Salad Fresh Fruit & Fruit Cup

8
Personal 4" Cheese Pizza Grilled Ham & Cheese Tuna Salad Sandwich Crispy Chicken Caesar Salad Baked Beans Romaine Tossed Salad Fresh Fruit & Fruit Cup

9
Pasta & Meat Sauce w/ Dinner Roll Chicken Patty Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Steamed Broccoli Fresh Fruit & Fruit Cup

10
Crazy Nachos w/Rice Hot Turkey Sub Turkey & Cheese Sandwich Garden Salad w/ Cheese & Roll Three Bean Salad Fresh Fruit & Fruit Cup

11
Dominos Pizza Hot Dog PB & J Sandwich Romaine Tossed Salad Fresh Fruit & Fruit Cup (No nuggets or teacher lunches)

Menu subject to change.

14
Ham, Egg & Cheese Breakfast Sandwich on a English Muffin Cheese Burger Chicken Caesar Wrap Chef Salad w/Roll Golden Corn Spinach Tossed Salad Fresh Fruit & Fruit Cup

15
Personal 4" Cheese Pizza Hot Dog Chicken Caesar Wrap Chef Salad w/Roll Green Beans Spinach Tossed Salad Fresh Fruit & Fruit Cup

16
Baked Ziti w/Dinner Roll Chicken Patty Chicken Caesar Wrap Chef Salad w/Roll Roasted Vegetables Fresh Fruit & Fruit Cup

17
Soft Shelled Taco w/Rice Pizza Burger Chicken Caesar Wrap Chef Salad w/Roll Vegetarian Refried Beans Spinach Tossed Salad Fresh Fruit & Fruit Cup

18
Dominos Pizza Tuna Melt Chicken Caesar Wrap Chef Salad w/Roll Steamed Green Beans Spinach Tossed Salad Fresh Fruit & Fruit Cup

21
Herb Roasted Chicken Basket Cheese Burger Italian Sub Grilled Chicken Salad w/Roll Glazed Carrots Romaine Tossed Salad Fresh Fruit & Fruit Cup

22
Personal 4" Cheese Pizza Hot Dog Italian Sub Grilled Chicken Salad w/Roll Baked Beans Romaine Tossed Salad Fresh Fruit & Fruit Cup

23
Mexican Lasagna Chicken Patty Italian Sub Grilled Chicken Salad w/Roll Sweet Peas Fresh Fruit & Fruit Cup

24
Dominos Pizza Chicken Stir Fry w/Rice Italian Sub Grilled Chicken Salad w/Roll Steamed Broccoli Romaine Tossed Salad Fresh Fruit & Fruit Cup

25
No Lunches

28
Memorial Day

29
Personal 4" Cheese Pizza Cheesy Hot Dog Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Glazed Carrots Romaine Tossed Salad Fresh Fruit & Fruit Cup

30
Mac & Cheese w/ Dinner Roll Chicken Patty Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Steamed Broccoli Fresh Fruit & Fruit Cup

31
Soft Shelled Taco w/ Rice Hot Turkey Sub Turkey & Cheese Sandwich Garden Salad w/Cheese & Roll Vegetarian Refried Beans Romaine Tossed Salad Fresh Fruit & Fruit Cup

Celebrate Food Fitness and Fun!

Traditionally, when people try to "get healthier" they simply go on a "diet". This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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

All Breakfast Meals Come With:
A Milk & Assorted Fruit

Regular Breakfast is \$1.55
Reduced Breakfast is .30
Free Breakfast is Free

MONDAY: Assorted Cereal Bags

TUESDAY: Assorted Muffins

WEDNESDAY: Cinnamon Bun Crunch Mania

THURSDAY: Strawberry Pop-tarts

FRIDAY: Assorted Cereal Bags

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.