

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

- 1. Cheese Enchilada
- 2. Hot Dog
- 3. Yogurt String Cheese & Crackers
- Sides: Refried Beans  
Diced Peaches

**2**

- 1. Breakfast for Lunch
- 2. WG Chicken Patty on a Bun
- 3. Sun Butter & Jelly Sandwich
- Sides: Hash Brown  
Grape Juice

**3**

- 1. Frank & Mac
- 2. Charbroiled Beef Patty on a Bun
- 3. Buffalo Chicken Salad
- Sides: Steamed Carrots  
Fresh Fruit

**4**

- 1. Italian Pepperoni Pizza or Home-style Cheese pizza
- 2. Quesadilla
- 3. American Sub
- Sides: Steamed Corn  
Fresh Fruit

**5**

- 1. Stir-Fry w/ Brown Rice
- 2. Meatball Sub
- 3. Italian Sub
- Sides: Steamed Broccoli  
Chilled Fruit

**8**

- 1. Baked Chicken Nuggets w/ WW Roll
- 2. Charbroiled Beef Patty w/ Cheese on a Bun
- 3. Yogurt String Cheese & Crackers
- Sides: Potato Wedges  
Chilled Fruit

**9**

- 1. Rotini & Meat Sauce
- 2. WG Chicken Patty on a Bun
- 3. Crispy Chicken Wrap on a WG Tortilla
- Sides: Broccoli  
Fresh Fruit

**10**

- 1. Fiesta Nachos w/ Meat & Cheese Sauce
- 2. WG Corn Dog
- 3. Chef Salad w/ WW Roll
- Sides: Green Beans  
Fruit

**11**

- 1. Italian Pizza or Home-style Cheese Pizza
- 2. BBQ Beef Rib Patty on a Bun
- 3. Turkey Ham & Cheese Sandwich
- Sides: Steamed Black Beans  
Fresh Fruit

**12**

- 1. Bean & Cheese Burrito
- 2. Grilled Ham & Cheese Sandwich
- 3. Sun Butter & Jelly Sandwich
- Sides: Steamed Carrots  
Chilled Fruit

**15**

- 1. Chili Frito Pie
- 2. Baked Chicken Nuggets w/ WW Roll
- 3. Italian Sub
- Sides: Green Beans  
Chilled Fruit

**16**

- 1. Cheese Enchiladas
- 2. WG Chicken Patty on a Bun
- 3. Crispy Chicken Salad w/ WW Roll
- Sides: Rice  
Fresh Fruit

**17**

- 1. Sesame Ginger Chicken
- 2. Charbroiled Beef Patty w/ Cheese on a Bun
- 3. Buffalo Chicken Salad w/ WW Roll
- Sides: Mixed Vegetables  
Fruit

**18**

- 1. Italian Pepperoni Pizza Homestyle Cheese Pizza
- 2. BBQ Pulled Pork Sandwich
- 3. Turkey & Cheese Wrap on WG Tortilla
- Sides: Broccoli  
Fresh Fruit

**19**

- 1. Orange Chicken w/ Brown Rice
- 2. Hot Dog
- 3. Yogurt String Cheese & Crackers
- Sides: Steamed Corn  
Chilled Fruit

**22**

- 1. Chicken & Waffle w/ Mapple Syrup
- 2. Meatball Sub
- 3. Sun Butter & Jelly Sandwich
- Sides: Potato Wedges  
Chilled Fruit

**23**

- 1. Spaghetti w/ Meatballs
- 2. Baked Chicken Nuggets w/ WW Roll
- 3. Buffalo Chicken Wrap on WG Tortilla
- Sides: Cauliflower  
Fresh Fruit

**24**

- 1. Fiesta Nachos w/ Meat Sauce
- 2. WG Chicken Patty on a Bun
- 3. Chicken Caesar Salad
- Sides: Mexican Beans  
Fruit

**25**

- 1. Italian Pepperoni Pizza or Home-style Cheese Pizza
- 2. Charbroiled Beef Patty w/ Cheese on a Bun
- 3. Chef Salad w/ WW Roll
- Sides: Carrot Coins  
Fresh Fruit

**26**

- 1. Bean & Cheese Burrito
- 2. Corn Dog
- 3. Yogurt String Cheese & Crackers
- Sides: Steamed Broccoli  
Chilled Fruit

**29**

1% WHITE MILK  
FAT FREE  
CHOCOLATE MILK  
OFFERED DAILY

**30**

NO SCHOOL!

**31**

NO SCHOOL!



## 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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Breakfast on a Stick 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Cheese Egg & WW Toast 2. Cereal Bar w/ Cheese String 3. Asst Cereal w/ WW Toast Apple Juice	1. Pancakes w/ Turkey Sausage 2. WG Oatmeal Chocolate Chip Breakfast Round 3. Asst WG Cereal w/ WW Toast	1. Egg & Cheese Muffin 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. WG Breakfast Pizza 2. WG Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Orange Juice
1. Waffle w/ Turkey Sausage 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Breakfast Burrito 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Apple Juice	1. WG Breakfast Pizza 2. Cereal Bar & String Cheese 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Wild West Eggs 2. Double Berry Parfait 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Sausage & Cheese Bagelwich 2. WG Oatmeal Chocolate Chip Breakfast Round 3. Asst WG Cereal w/ WW Toast
1. WW Pancakes w/ Turkey Sausage 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Cheese & Egg Toast 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Apple Juice	1. Breakfast on a Stick 2. Bagel w/ Cream Cheese 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. WG Breakfast Pizza 2. Yogurt w/ Graham Cracker 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. Turkey Sausage & Cheese Muffin 2. Cereal Bar w/ Cheese Stick 3. Asst WG Cereal w/ WW Toast Orange Juice
1. Waffles w/ Turkey Sausage 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Fresh Fruit	1. WG Breakfast Pizza 2. WG Oatmeal Chocolate Chip Breakfast Round 3. Asst WG Cereal w/ WW Toast Apple Juice	1. WW Pancakes w/ Turkey Sausage 2. Cereal Bar w/ String Cheese 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. Breakfast on a Stick 2. Trix Yogurt w/ Graham Crackers 3. Asst WG Cereal w/ WW Toast Chilled Fruit	1. Breakfast Burrito 2. Cereal Bar w/ Cheese String 3. Asst WG Cereal w/ WW Toast Orange Juice
1% WHITE MILK FAT FREE CHOCOLATE MILK OFFERED DAILY	NO SCHOOL!	NO SCHOOL!		

### Fresh Pick Recipe

#### EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



Build a balance plate to help you feel Great! The five components are:

- VEGETABLE
- FRUIT
- GRAIN
- PROTEIN
- MILK

Pick at least 3 components out of the 5 one of them should be a FRUIT OR A VEGETABLE.

