

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

Turkey Club on Kaiser  
Pizza Burger  
Turkey & Cheese Hero  
Greek Salad w/ Pita  
Yogurt Bag  
French Fries  
Romaine Side Salad  
Fresh Fruit or Fruit Cup

**2**

Popcorn Chicken w/ Dinner Roll  
Grilled Ham & Cheese  
w/ Tomato Soup  
Turkey & Cheese Hero  
Greek Salad w/ Pita  
Yogurt Bag  
Broccoli Spears  
Romaine Side Salad  
Fresh Fruit or Fruit Cup  
Asst. Fruit Juice

**3**

Meatball Sub  
Cheese Ravioli w/ Breadstick  
Turkey & Cheese Hero  
Greek Salad w/ Pita  
Yogurt Bag  
Sautéed Spinach  
Romaine Side Salad  
Fresh Fruit or Fruit Cup

**4**

Smart Pizza 4X6  
Cheese or Pepperoni  
Fish Sticks w/ Tortilla Chips  
Turkey & Cheese Hero  
Greek Salad w/ Pita  
Yogurt Bag  
Green Beans  
Romaine Side Salad  
Fresh Fruit or Fruit Cup  
Asst. Fruit Juice

**5**

Cinco De Mayo  
Crispy Chicken Tostada  
Soft Turkey Tacos  
Turkey & Cheese Hero  
Greek Salad w/ Pita  
Yogurt Bag  
Brown Rice  
Latin Style Black Beans  
Romaine Side Salad  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, or Low Fat Chocolate

**8**

Bosco Sticks w/ Marinara Sauce  
Turkey Bacon Cheeseburger  
Turkey Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Bag  
Slim Stix Sweet Potato Fries  
Spinach Side Salad  
Fresh Fruit & Fruit Cup

**9**

BBQ Beef Riblet Hoagie  
Cheesy Dog  
Turkey Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Bag  
Potato Wedges  
Spinach Side Salad  
Fresh Fruit & Fruit Cup  
Asst. Fruit Juices

**10**

Baked Mac & Cheese w/ Dinner Roll  
Chicken Nuggets w/ Dinner Roll  
Turkey Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Bag  
Steamed Broccoli  
Spinach Side Salad  
Fresh Fruit & Fruit Cup

**11**

Popcorn Chicken Stir Fry  
w/ Brown Rice  
Hot Turkey Sandwich  
Turkey Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Bag  
Chinese Style Vegetables  
Spinach Side Salad  
Fresh Fruit & Fruit Cup  
Asst. Fruit Juices

**12**

Big Daddy Pizza  
Cheese or Pepperoni  
Meatball Parmesan Sub  
Turkey Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Bag  
Steamed Green Peas  
Spinach Side Salad  
Fresh Fruit & Fruit Cup

Menu subject to change.

**15**

Monte Cristo Sandwich  
Lattice Fry Burger  
Chicken Salad Sandwich  
Chicken Caesar Salad w/ Dinner Roll  
Yogurt Parfait  
Lattice Fries  
Romaine Side Salad  
Fresh Fruit & Fruit Cup

**16**

Turkey & Cheese Panini  
Grilled Pretzel Melt  
Fun Size Chips  
Chicken Salad Sandwich  
Chicken Caesar Salad w/ Dinner Roll  
Yogurt Parfait  
Golden Corn  
Romaine Side Salad  
Fresh Fruit & Fruit Cup  
Asst. Fruit Juices

**17**

Chicken Nuggets w/ Dinner Roll  
Pasta w/ Meatballs & Breadstick  
Chicken Salad Sandwich  
Chicken Caesar Salad w/ Dinner Roll  
Yogurt Parfait  
Steamed Broccoli  
Romaine Side Salad  
Fresh Fruit & Fruit Cup

**18**

Turkey Nachos w/ Rice  
Sizzling Beef Fajitas  
Chicken Salad Sandwich  
Chicken Caesar Salad w/ Dinner Roll  
Yogurt Parfait  
Black Bean & Corn Salsa  
Romaine Side Salad  
Fresh Fruit & Fruit Cup  
Asst. Fruit Juices

**19**

Cheese Pizza  
South of the Border Fish Tacos  
Chicken Salad Sandwich  
Chicken Caesar Salad w/ Dinner Roll  
Yogurt Parfait  
Steamed Broccoli  
Romaine Side Salad  
Fresh Fruit & Fruit Cup

**22**

Cheese Quesadilla  
w/ Salsa & Sour Cream  
Pretzel Burger  
Chicken Caesar Wrap  
Chef Salad w/ Dinner Roll  
Yogurt Bag  
Glazed Carrots  
Spinach Side Salad  
Fresh Fruit & Fruit Cup

**23**

Chinese Chicken w/ Brown Rice  
Spiral Dog  
Chicken Caesar Wrap  
Chef Salad w/ Dinner Roll  
Yogurt Bag  
Green Beans  
Spinach Side Salad  
Fresh Fruit & Fruit Cup  
Asst. Fruit Juices

**24**

Lasagna Roll up  
Baked Ziti w/ Breadstick  
Chicken Caesar Wrap  
Chef Salad w/ Dinner Roll  
Yogurt Bag  
Roasted Zucchini w/ Red Peppers  
Spinach Side Salad  
Fresh Fruit & Fruit Cup

**25**

Soft Tacos w/ Brown Rice  
Shredded Lettuce & Cheese  
Cheddar Flatbread  
Chicken Caesar Wrap  
Chef Salad w/ Dinner Roll  
Yogurt Bag  
French Fries  
Spinach Side Salad  
Fresh Fruit & Fruit



**30**

Turkey BLT on Kaiser  
Taco Stuffed Potato  
w/ Tortilla Chips  
Italian Wrap  
Antipasto Salad w/ Roll  
Pretzel Bag  
Golden Corn  
Romaine Side Salad  
Fresh Fruit & Fruit Cup  
Asst. Fruit Juices

**31**

Pasta Bar w/ Breadstick  
Fish Patty Sandwich  
Italian Wrap  
Antipasto Salad w/ Dinner Roll  
Pretzel Bag  
Smile Fries  
Romaine Side 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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancakes w/ Syrup Turkey Sausage Patty Bkfst in the Classroom Strawberry Mini Bagel #441652	Egg & Cheese Omelet w/ Seasoned Diced Potatoes Bkfst in the Classroom Blueberry Muffin #404387	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Mini Blueberry Waffles #371733	French Toast Sticks w/ Syrup w/ Turkey Sausage Link Bkfst in the Classroom Mini Cinn French Toast #311682	Egg Patty w/ Cheese Turkey Canadian Bacon on English Muffin Bkfst in the Classroom Egg & Cheese Sandwich
Pancakes w/ Syrup Turkey Sausage Patty Bkfst in the Classroom Cinnamon Mini Bagel #	Egg & Cheese Omelet w/ Hashbrown Patties Bkfst in the Classroom Banana Muffin #404386	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Mini Cinnamon Roll #285548	French Toast Sticks w/ Turkey Sausage Link Bkfst in the Classroom Tripple Berry French Toast #312633	Pancake Sandwich w/ Turkey Sausage Patty & Egg Patty Bkfst in the Classroom Mini Strawberry Pancake
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Mini Strawberry Bagel #441652	Egg & Cheese Omelet w/ Seasoned Diced Potatoes Bkfst in the Classroom Glazed Doughnut #408411	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Mini Blueberry Waffles #371733	French Toast Sticks w/ Turkey Sausage Link Bkfst in the Classroom Mini Cinn French Toast #311682	Egg Patty w/ Cheese Turkey Canadian Bacon on English Muffin Bkfst in the Classroom Egg & Cheese Sand- wich
Pancakes w/ Syrup & Turkey Sausage Patty Bkfst in the Classroom Plain Bagel w/ Cream Cheese & Jelly	Egg & Cheese Omelet w/ Hashbrown Patties Bkfst in the Classroom Chocolate Chip Muffin #404388	Waffles w/ Syrup & Turkey Sausage Link Bkfst in the Classroom Apple/Cherry Frudel #264280	French Toast Sticks w/ Turkey Sausage Link Bkfst in the Classroom Tripple Berry French Toast #312633	No Service
Memorial Day	Egg & Cheese Omelet w/ Seasoned Diced Potatoes  Bkfst in the Classroom Apple Cinnamon Muffin #404385	Waffles w/ Syrup & Turkey Sausage Link  Bkfst in the Classroom Mini Blueberry Waffles #371733		Served Daily: Muffin w/ Graham Cracker Bagel w/ Cream Cheese Asst. Cereal w/ Graham Cracker Asst. Fruit & Juice

### Fresh Pick Recipe

#### OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**  
395 calories, 10g fat,  
197mg sodium, 3g fiber