

MONDAY

BBQ Days:
GH 5/3
ME 5/10
LP 5/17
SV 5/24

NEW YORK PIZZA DAYS!
LP 5/7 & 5/22
GH 5/9 & 5/21
ME 5/15 & 5/31
SV 5/16 & 5/29

TUESDAY



WEDNESDAY

1
Chicken Quesadilla on Whole Grain Tortilla
Spaghetti & Meatballs w/Marinara Sauce
Turkey Hot Dog on a Bun
Peanut Butter* or Sun Butter* & Jelly on Whole Wheat w/String Cheese
Cheese* or Pepperoni Pizza on Whole Grain Crust

THURSDAY

2
Beefy Macaroni
Whole Grain Chicken Nuggets & Wheat Roll
Chef Salad & Wheat Roll
Yogurt & String Cheese w/Cinnamon Goldfish Grahams*
Half Ham & Cheese Sandwich on Whole Wheat w/Sunflower Seeds

FRIDAY

3
Chicken Alfredo with Whole Wheat Rotini
Chicken Patty on Whole Grain Bun
Grilled Cheese on Whole Wheat Bread*
Italian Dunkers* with or without Marinara Sauce
Tuna Sandwich on Whole Wheat Bread
Fiesta Cookie with all Meals

We offer non fat chocolate milk and 1% white milk daily with your meals

6

Nachos with Beans & Cheese*
Whole Grain Chicken Corn Dog
Rib b Que on a Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
Chicken Taco Salad & Tortilla Chips

7

Chicken Tenders & Brown Rice
Cheeseburger on Whole Grain Bun
Bean & Cheese Burrito on Whole Grain*
Cheese Quesadilla on Whole Grain Tortilla*
Turkey & Cheese Sandwich on Whole Wheat Bread

8

Hot Ham & Cheese on Whole Grain Bun
Spaghetti & Meatballs w/Marinara Sauce
Turkey Hot Dog on a Bun
Peanut Butter* or Sun Butter* & Jelly on Whole Wheat w/String Cheese
Cheese* or Pepperoni Pizza on Whole Grain Crust

9

Teriyaki Beef Dippers & Brown Rice
Whole Grain Chicken Nuggets & Wheat Roll
Chef Salad & Wheat Roll
Yogurt & String Cheese w/Cinnamon Goldfish Grahams*
Half Ham & Cheese Sandwich on Whole Wheat w/Sunflower Seeds

10

Fish Patty on Whole Grain Bun
Chicken Patty on Whole Grain Bun
Grilled Cheese on Whole Wheat Bread*
Italian Dunkers* with or without Marinara Sauce
Tuna Sandwich on Whole Wheat Bread

*Vegetarian Item

13

Rainbow Chili* & Tortilla Chips
Whole Grain Chicken Corn Dog
Rib b Que on a Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
Chicken Taco Salad & Tortilla Chips

14

Beef Soft Tacos
Cheeseburger on Whole Grain Bun
Bean & Cheese Burrito on Whole Grain*
Cheese Quesadilla on Whole Grain Tortilla*
Turkey & Cheese Sandwich on Whole Wheat Bread

15

Meatball Sub on a Bun
Spaghetti & Meatballs w/Marinara Sauce
Turkey Hot Dog on a Bun
Peanut Butter* or Sun Butter* & Jelly on Whole Wheat w/String Cheese
Cheese* or Pepperoni Pizza on Whole Grain Crust

16

Turkey Gravy w/Mashed Potatoes & Wheat Roll
Whole Grain Chicken Nuggets & Wheat Roll
Chef Salad & Wheat Roll
Yogurt & String Cheese w/Cinnamon Goldfish Grahams*
Half Ham & Cheese Sandwich on Whole Wheat w/Sunflower Seeds

17

Fish Sticks & Brown Rice
Chicken Patty on Whole Grain Bun
Grilled Cheese on Whole Wheat Bread*
Italian Dunkers* with or without Marinara Sauce
Tuna Sandwich on Whole Wheat Bread

Menu is subject to change

20

Turkey & Cheese Hearty Grain Wrap
Whole Grain Chicken Corn Dog
Rib b Que on a Bun
Cheese* or Pepperoni Pizza on Whole Grain Crust
Chicken Taco Salad & Tortilla Chips

21

Chicken Tenders & Brown Rice
Cheeseburger on Whole Grain Bun
Bean & Cheese Burrito on Whole Grain*
Cheese Quesadilla on Whole Grain Tortilla*
Turkey & Cheese Sandwich on Whole Wheat Bread

22

Chicken Quesadilla on Whole Grain Tortilla
Spaghetti & Meatballs w/Marinara Sauce
Turkey Hot Dog on a Bun
Peanut Butter* or Sun Butter* & Jelly on Whole Wheat w/String Cheese
Cheese* or Pepperoni Pizza on Whole Grain Crust

23

Beefy Macaroni
Whole Grain Chicken Nuggets & Wheat Roll
Chef Salad & Wheat Roll
Yogurt & String Cheese w/Cinnamon Goldfish Grahams*
Half Ham & Cheese Sandwich on Whole Wheat w/Sunflower Seeds

24

Chicken Alfredo with Whole Wheat Rotini
Chicken Patty on Whole Grain Bun
Grilled Cheese on Whole Wheat Bread*
Italian Dunkers* with or without Marinara Sauce
Tuna Sandwich on Whole Wheat Bread

Each student must select at least a 1/2 cup of fruit or vegetable or a combination of both. You may select more.

27

HOLIDAY

28

Chicken Tenders & Brown Rice
Cheeseburger on Whole Grain Bun
Bean & Cheese Burrito on Whole Grain*
Cheese Quesadilla on Whole Grain Tortilla*
Turkey & Cheese Sandwich on Whole Wheat Bread

29

Hot Ham & Cheese on Whole Grain Bun
Spaghetti & Meatballs w/Marinara Sauce
Turkey Hot Dog on a Bun
Peanut Butter* & Jelly on Whole Wheat w/String Cheese
Cheese* or Pepperoni Pizza on Whole Grain Crust
LUCKY TRAY DAY!

30

Teriyaki Beef Dippers & Brown Rice
Whole Grain Chicken Nuggets & Wheat Roll
Chef Salad & Wheat Roll
Yogurt & String Cheese w/Cinnamon Goldfish Grahams*
Half Ham & Cheese Sandwich on Whole Wheat w/Sunflower Seeds

31

Fish Patty on Whole Grain Bun
Chicken Patty on Whole Grain Bun
Grilled Cheese on Whole Wheat Bread*
Italian Dunkers* with or without Marinara Sauce
Tuna Sandwich on Whole Wheat Bread

Lunch Meal Price: Reduced \$0.40 Full Paid \$2.75
Breakfast Meal Price: Reduced \$0.30 Full Paid \$1.50

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Together We Can Make A Difference

Community service means giving back to others and being thankful for the things you have in your own life. Sometimes we take for granted what we have or the opportunities we've been given. Take a moment and think about what talents you have, what gifts you've been given and how you are skilled to help others. Can you sing or play an instrument, can you build cool things, do you like to draw or make people laugh or are you a great listener?

Whatever your skill, it's unique to you and its worth sharing. You don't need to be a rock star or millionaire to make a difference in this world. If you make the difference in one person's life, it has the opportunity to trickle to others and make a difference in many people's lives. Consider this quote from a reputable poet, educator, actress and best-selling author..... "Be a rainbow in someone else's cloud."

- Maya Angelou, Letter to My Daughter



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

www.liftoffspayground.com



Nutrition • Achievement • Environment • Community • Activity

Garden Bar

Choose fruits & vegetables from the Garden Bar with your lunch:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrots Raisins Green Beans	Broccoli Raisins Garbanzo Beans	Carrots Raisins Peas	Broccoli Raisins Kidney Beans	Carrots Raisins Corn
Canned Peaches	Canned Pears	Canned Applesauce	Canned Pineapple	Canned Fruit Cocktail
Corn Apples Salad Mix	Celery Oranges Salad Mix	Tomatoes Bananas Salad Mix	Celery Oranges Salad Mix	Cucumbers Apples Salad Mix

Fresh Pick Recipe

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" ovenable pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
4. Carefully transfer cooked carrots to serving pan.
5. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS:
57 calories, 1g fat,
55mg sodium, 3g fiber

CHECK THE MENU DATES FOR YOUR PIZZA DAY AND BBQ DAY!



Fresh Pick of the Month: Carrots- try some today from your garden bar!

