

MONDAY

3
Spaghetti w/Marinara & Cheese*
Chicken Patty Sandwich on a Bun
Grilled Cheese Sandwich*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly Sandwich*

TUESDAY

4
Cheese Quesadilla*
Cheeseburger on a Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers w/or w/o Marinara Sauce*
Beef Taco Salad with Tortilla Chips

WEDNESDAY

5
Baja Fish Wrap
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & a Wheat Roll

THURSDAY

6
Teriyaki Beef Dippers & Brown Rice
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & a Wheat Roll

FRIDAY

7
Orange Chicken & Brown Rice
Hamburger on a Bun
Cheese* or Pepperoni Pizza
Turkey & Cheese Sandwich on Whole Wheat Bread
Taco Salad with Beans*

We offer non fat chocolate milk and 1% white milk daily.

10

Nachos with Beans & Cheese*
Chicken Patty Sandwich on a Bun
Grilled Cheese Sandwich*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly Sandwich*

11

Fish Sticks & Brown Rice
Cheeseburger on a Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers w/or w/o Marinara Sauce*
Beef Taco Salad with Tortilla Chips

12

BIG DADDY PIZZA DAY!
Cheese or Pepperoni

13

Beefy Macaroni
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & a Wheat Roll

14

Whole Grain Chicken Corn Dog
Hamburger on a Bun
Cheese* or Pepperoni Pizza
Turkey & Cheese Sandwich on Whole Wheat Bread
Taco Salad with Beans*

Choose fruits and vegetables from the Garden Bar with your meal!

17

French Toast Sticks & Sausage
Chicken Patty Sandwich on a Bun
Grilled Cheese Sandwich*
Yogurt Parfait & Graham Crackers*
Peanut Butter or Sun Butter & Jelly Sandwich*

18

Rib b que on a Bun
Cheeseburger on a Bun
Turkey Sandwich on Whole Wheat
Italian Dunkers w/or w/o Marinara Sauce*
Beef Taco Salad with Tortilla Chips

19

Beef Soft Tacos
Turkey Hot Dog on a Bun
Cheese* or Pepperoni Pizza
American Combo Sandwich on Whole Wheat
Crispy Chicken Salad & a Wheat Roll

20

Half Turkey Ham Sandwich & Sunflower Seeds
Chicken Tenders
Bean & Cheese Tostada Bowl*
Yogurt & String Cheese w/Graham Crackers*
Chicken Caesar Salad & a Wheat Roll

21

Chicken Alfredo & Pasta
Hamburger on a Bun
Cheese* or Pepperoni Pizza
Turkey & Cheese Sandwich on Whole Wheat Bread
Taco Salad with Beans*

24

HOLIDAY

25

HOLIDAY

26

HOLIDAY

27

HOLIDAY

28

HOLIDAY

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

31

HOLIDAY



Corn is the Fresh Pick of the Month. Look for corn on your Garden Bar.

Re-Shape You!

Have you ever fasted? How well do you think, move or function when you're hungry? Most people function at a sub-optimal level when lacking fuel, but yet, so many children, and adults, extend the "fast" that started while they were sleeping and begin their day on an empty stomach. Breakfast jumpstarts our metabolism in the morning, wakes the mind and prepares students so they are ready to learn. Breakfast helps control appetite, as well as nibbling throughout the day, and can help prevent nagging hunger pains if planned properly.

If you are a breakfast skipper, now is the time to Re-Shape You! If you want more energy and the ability to lose or maintain your weight, breakfast is critical. To truly re-shape you, breakfast needs to be more than coffee or juice with a bun. Instead, think about the breakfast plate. Does it include fruits or even vegetables? How about a little protein to help stabilize blood sugar? Are there grains whole grains on your plate? Some examples of breakfast ideas that are more balanced include:

1. A slice of whole grain toast with melted cheese and apple slices
2. Half of a sandwich, a cup of low-fat milk and a piece of fruit
3. Rice and beans with fruit
4. Yogurt topped with a favorite cereal and fruit
5. A whole wheat pita stuffed with scrambled eggs with added vegetables



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.liftoffplayground.com



Nutrition • Achievement • Environment • Community • Activity

FROM OUR SALAD BAR!

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

Fresh Pick Recipe

SWEET SUMMER CORN SUCCOTASH (SERVES 4)

- 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
- 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
- 1 1/8 tsp basil (chopped)
- 1 1/8 tsp parsley (chopped)
- 1 3/4 tsp canola/olive oil blend
- 3/4 cup and 1/2 Tbsp corn kernels without salt
- 1/3 and 1 Tbsp frozen green peas without salt
- 1/3 cup and 1 Tbsp lima beans without salt
- 1/4 cup and 1 tsp low fat milk
- 2 3/8 tsp water
- 3/4 tsp cornstarch
- Black pepper

1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. In a sauce pan and tilt skillet, heat oil. Add onion and peppers and saute until tender, about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and cornstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk cornstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

NUTRITION FACTS:
92 calories, 2.59g fat,
23mg sodium, 2.84g fiber

