

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**1**

Beef Nacho with Cheese  
Ham and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Chef Salad w/Bread Stick  
Mixed Salad Greens,  
Carrot Sticks, Celery Sticks,  
Oven Roasted Chick Peas  
Chilled Fruit and Fresh Fruit  
Assorted Milk

**2**

Cheeseburger on a Bun  
Turkey and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Chef Salad w/Bread Stick  
Mixed Salad Greens,  
Carrot Sticks, Celery Sticks,  
Oven Roasted Chick Peas  
Chilled Fruit and Fresh Fruit  
Assorted Milk

**3**

Cheese Pizza  
Buffalo Chicken Wrap  
Sunbutter and Jelly Sandwich  
Chef Salad w/Bread Stick  
Mixed Salad Greens,  
Carrot Sticks, Celery Sticks,  
Oven Roasted Chick Peas  
Chilled Fruit and Fresh Fruit  
Assorted Milk

Calories: 591 k cal, Sodium: 882mg, Saturated Fat: 6.64%

**6**

Cheese Quesadilla  
Chicken Salad Sandwich  
Sunbutter and Jelly Sandwich  
Cobb Salad w/Bread Stick  
Cauliflower, Cherry Tomatoes,  
Kale Lemon Salad  
Tri Colored Peppers  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**7**

Chicken Patty on a Bun  
Bologna and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Cobb Salad w/Bread Stick

Steamed Carrots

Cauliflower, Cherry Tomatoes,  
Kale and Lemon Salad  
Tri Colored Peppers

**8**

American Chop Suey w/  
Dinner Roll  
Cobb Salad w/Bread Stick  
Salami and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Cauliflower, Cherry  
Tomatoes,  
Kale and Lemon Salad  
Tri Colored Peppers  
Assorted Fresh and Chilled Fruit

**9**

Turkey Hotdog on a Bun  
Turkey and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Cobb Salad w/Bread Stick

Baked Beans

Cauliflower, Cherry  
Tomatoes, Kale and Lemon Salad

**10**

Pepperoni Pizza

Tuna Salad Sandwich  
Sunbutter and Jelly Sandwich  
Cobb Salad w/Bread Stick  
Cauliflower, Cherry Tomatoes,  
Kale and Lemon Salad  
Tri Colored Peppers  
Assorted Fresh and Chilled Fruit  
Assorted Milk

Calories: 580 kcal, Sodium: 923mg, Saturated Fat: 6.23%

**13**

Egg and Cheese Bagel  
Bologna and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Fun on the Run  
Hash Browns  
Tri Colored Peppers,  
Broccoli and Bean Salad,  
Mixed Greens, Cherry Tomatoes  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**14**

Popcorn Chicken w/ Brown Rice  
Ham and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Fun on the Run  
Tri Colored Peppers,  
Broccoli and Bean Salad, Mixed  
Greens, Cherry Tomatoes  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**15**

Meatloaf w/ Dinner Roll  
Salami and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Fun on the Run  
Mashed Potatoes  
Tri Colored Peppers,  
Broccoli and Bean Salad,  
Mixed Greens, Cherry Tomatoes  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**16**

Corn Dog Nuggets w/ Dinner Roll  
Sunbutter and Jelly Sandwich  
Fun on the Run  
Steamed Peas  
Tri Colored Peppers,  
Broccoli and Bean Salad,  
Mixed Greens, Cherry Tomatoes  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**17**

Cheese Pizza  
Chicken Caesar Wrap  
Sunbutter and Jelly Sandwich  
Fun on the Run  
Tri Colored Peppers,  
Broccoli and Bean Salad,  
Mixed Greens, Cherry Tomatoes  
Assorted Fresh and Chilled Fruit  
Assorted Milk

Calories: 591 k cal, Sodium: 882mg, Saturated Fat: 6.64%

**20**

Macaroni and Cheese w/ Dinner  
Roll Mediterranean Veggie Wrap  
Sunbutter and Jelly Sandwich  
Pretzel Chicken Salad  
Mixed Salad Greens,  
Cucumbers, Baby Carrots  
Spinach and Chickpea Salad  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**21**

Popcorn Chicken Bowl w/ Dinner  
Roll Bologna and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Pretzel Chicken Salad  
Mixed Salad Greens, Cucumbers,  
Baby Carrots  
Spinach and Chickpea Salad  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**22**

Beef and Cheese Nacho  
Salami and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Pretzel Chicken Salad  
Mixed Salad Greens, Cucumbers,  
Baby Carrots  
Spinach and Chickpea Salad  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**23**

Rib B Que on a Bun  
Turkey and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Pretzel Chicken Salad  
Mixed Salad Greens, Cucumbers,  
Baby Carrots  
Spinach and Chickpea Salad  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**24**

Pepperoni Pizza  
Tuna Salad Sandwich  
Sunbutter and Jelly Sandwich  
Pretzel Chicken Salad  
Mixed Salad Greens, Cucumbers,  
Baby Carrots  
Spinach and Chickpea Salad  
Assorted Fresh and Chilled Fruit  
Assorted Milk

Calories: 552 kcal, Sodium: 888mg, Saturated Fat: 6.4%



**28**

Chicken Patty on a Bun  
Ham and Cheese Sandwich  
Sunbutter and Jelly Sandwich  
Lift-Off Spinach Salad  
Steamed Corn  
Mixed Salad Greens, Baby  
Carrots, Three Bean  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**29**

Sloppy Joe's on a Bun  
Sunbutter and Jelly Sandwich  
Lift-Off Spinach Salad  
Steamed Mixed Vegetables  
Broccoli, Mixed Salad Greens, Baby  
Carrots, Three Bean  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**30**

Sweet and Sour Chicken  
w/ Brown Rice  
Turkey and Cheese  
Sunbutter and Jelly Sandwich  
Lift-Off Spinach Salad  
Steamed Broccoli  
Mixed Salad Greens, Baby  
Carrots, Three Bean  
Assorted Fresh and Chilled Fruit  
Assorted Milk

**31**

Cheese Pizza  
Chicken Salad Sandwich  
Sunbutter and Jelly Sandwich  
Lift-Off Spinach Salad  
Broccoli, Mixed Salad Greens, Baby  
Carrots, Three Bean  
Assorted Fresh and Chilled Fruit  
Assorted Milk

Calories: 614 kcal,  
Sodium: 841mg, Saturated Fat: 6.5%



## 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.

liffosplayground.com

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cinnamon Filled Bagels Bagged (Craisins & 2 Graham Crackers) Fresh Fruit Assorted Milk	AppleMuffin w/ 100%Fruit Juice Fresh Fruit Assorted Milk	Reduced Sugar Cereal w/Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
Strawberry Oat Bar w/ Graham Crackers Fresh Fruit Dried Fruit Assorted Milk	Flavored Yogurt w/ Goldfish Graham Dried Fruit Assorted Mil	Mini Pancakes Bagged (Craisins & 2 Graham Crackers) 100% Fruit Juice Assorted Milk	Blueberry Muffin w/ 100% Fruit Juice Fresh Fruit Assorted Milk	Reduced Sugar Cereal w/Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	Shri Bar 100% Fruit Juice Dried Fruit Assorted Milk	Mini Waffles Bagged (Craisins & 2 Graham Crackers) 100% Fruit Juice Assorted Milk	Chocolate Chip Muffins 100% Fruit Juice Dried Fruit Assorted Milk	Reduced Sugar Cereal w/Graham Cracker 100% Fruit Juice Dried Fruit Assorted Mil
Strawberry Oat Bar w/ Graham Crackers Fresh Fruit Dried Fruit Assorted Milk	Flavored Yogurt w/ Goldfish Graham Dried Fruit Assorted Milk	Cinnamon Filled Bagels Bagged (Craisins & 2 Graham Crackers) Fresh Fruit Assorted Milk	Banana Muffin w/ 100% fruit Juice Fresh Fruit Assorted Milk	Reduced Sugar Cereal w/Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk
	Flavored Yogurt w/ Goldfish Graham Dried Fruit Assorted Milk	Mini Pancakes Bagged (Craisins & 2 Graham Crackers) 100% Fruit Juice Assorted Milk	AppleMuffin w/ 100% fruit Juice Fresh Fruit Assorted Milk	Reduced Sugar Cereal w/Graham Cracker 100% Fruit Juice Dried Fruit Assorted Milk

### 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.

fresh pick  
for better health



Kale, mustard greens, collard greens, cabbage and broccoli are cruciferous leafy greens. Microgreens. Microgreens are immature greens produced from the seeds of vegetables and herbs used to garnish foods.

Spinach is a versatile leafy green, it can be eaten raw or cooked. Spinach is high in vitamin K.

Did you know we offer spinach salads each week on our menus

sodexo



# MAY 2019

SPES MESSIS IN  
SEMINE...  
THE HOPE OF THE  
HARVEST IS IN THE  
SEED

Sun Mon Tue Wed Thu Fri Sat

<p>Looking Ahead: June 3rd-Final Exams Gr. K-7 June 4th-Gr. 8 Class Trip June 4th/6th Mr. Robinson Music Recital</p>	<p>June 8th—Gr. 8 Graduation 4:00PM Mass June 10th—Field Day/ Grandparent's Day June 11th—PK3 Ceremony—9AM</p>	<p>June 12th—PK 4 Ceremony 9AM June 13th—9AM K Graduation June 14th—Last Day of School—11:30 AM Dismissal</p>	<p>1 Art Club Music w/Br. Roger</p>	<p>2 School Mass-9AM May Crowning prepared by Gr. 2 Honors Ceremony after mass</p>	<p>3 Confessions—Gr. 6</p>	<p>4 </p>
<p>5 First Communion 10:30AM Mass</p>	<p>6 Lifetouch Spring Pictures Roger Williams Zoo Gr. 5-8 in-house 9AM-12PM</p>	<p>7 Gr. 8 Class Picture 1PM</p>	<p>8 Art Club Music w/Br. Roger</p>	<p>9 4th Qtr. Progress Reports Living Rosary 1:00PM outside (if raining, in the church)</p>	<p>10 No School Professional Day</p>	<p>11 4PM Healing Mass in the church</p>
<p>12 Happy Mother's Day </p>	<p>13 </p>	<p>14 Gr. 8 Class Picture 1PM</p>	<p>15 Gr. 2 &amp; 3 Michelle Muscatello weather presentation Art Club Music w/Br. Roger</p>	<p>16 4th Qtr. Progress Reports Living Rosary 1:00PM outside (if raining, in the church)</p>	<p>17 No School Professional Day</p>	<p>18 4PM Healing Mass in the church</p>
<p>19</p>	<p>20</p>	<p>21 Faculty Meeting 7:30AM-8:00AM</p>	<p>22 Art Club Music w/Br. Roger</p>	<p>23 Field Trip—Slater Mill Gr. 5-8</p>	<p>24 Dress Down Day sponsored by K \$2.00 Confessions—Gr. 7</p>	<p>25</p>
<p>26 Memorial Day </p>	<p>27 No School Memorial Day</p>	<p>28 Spring Concert Gr. PK-3 - Gr. 5 9:30AM in the church Grade 8 Exams Begin</p>	<p>29 Art Club Music w/Br. Roger</p>	<p>30 9AM Ascension Thursday Mass prepared by Gr. 8</p>	<p>31 Confessions—Gr. 8</p>	<p>Gym Schedule Mon: K,2,6,7,8 Wed:1,3,4,5,6,7 Fri: 1,2,3,4,5,8</p>