

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Fish Nuggets
W/ Brown Rice
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cobb Salad w/ Breadstick
Cherry Tomatoes, Kale Side Salad,
Roasted Cauliflower, Tuscan Bean
Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

4
Chicken Nuggets
W/ Dinner Roll
Ham and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cobb Salad w/ Breadstick
Cherry Tomatoes, Kale Side Salad,
Roasted Cauliflower, Tuscan Bean
Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

5
Meatball Sub
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cobb Salad w/ Breadstick
Cherry Tomatoes, Kale Side Salad,
Roasted Cauliflower, Tuscan Bean
Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

6
Cheeseburger
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cobb Salad w/ Breadstick
Cherry Tomatoes, Kale Side Salad,
Roasted Cauliflower, Tuscan Bean
Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

7
Cheese Pizza
Buffalo Chicken Wrap
Sunbutter and Jelly Sandwich
Cobb Salad w/ Breadstick
Cherry Tomatoes, Kale Side Salad,
Roasted Cauliflower, Tuscan Bean
Salad
Chilled Fruit and Fresh Fruit
Assorted Milk

10
Baked Penne Pasta
W/Dinner Roll
Chicken Salad Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/ Breadstick
Mixed Greens
Celery Sticks Carrot Sticks
Chickpeas
Chilled Fruit and Fresh Fruit
Assorted Milk

11
Chicken Patty
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/ Breadstick
Mixed Greens
Celery Sticks Carrot Sticks Chickpeas
Chilled Fruit and Fresh Fruit
Assorted Milk

12
Beef and Cheese Nacho
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/ Breadstick
Mixed Greens
Celery Sticks Carrot Sticks
Chickpeas
Chilled Fruit and Fresh Fruit
Assorted Milk

13
Turkey Hot Dog
on a Bun
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/ Breadstick
Mixed Greens
Celery Sticks Carrot Sticks Chickpeas
Chilled Fruit and Fresh Fruit
Assorted Milk

14
~~Pepperoni Pizza
Tuna Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/ Breadstick
Mixed Greens
Celery Sticks, Carrot Sticks,
Chickpeas
Chilled Fruit and Fresh Fruit
Assorted Milk~~

17
~~Egg and Cheese
Sandwich
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich Fun on
the Run
Mixed Greens Cherry Tomatoes,
Pepper Strips
Chilled Fruit and Fresh Fruit
Assorted Milk~~

18
~~Popcorn Chicken
W/ Dinner Roll
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Fun on the Run
Mixed Greens Cherry Tomatoes,
Pepper Strips
Chilled Fruit and Fresh Fruit
Assorted Milk~~

19
~~Corn Dog Nuggets W/ Dinner Roll
Italian Sandwich
Sunbutter and Jelly Sandwich
Fun on the Run
Mixed Greens Cherry Tomatoes,
Pepper Strips
Chilled Fruit and Fresh Fruit
Assorted Milk~~

20
~~Assorted Deli Sandwiches
Sunbutter and Jelly Sandwich
Fun on the Run
Mixed Greens Cherry Tomatoes,
Pepper Strips
Chilled Fruit and Fresh Fruit
Assorted Milk~~

21

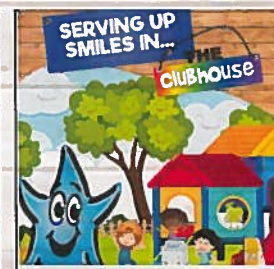
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Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



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
3 Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	4 Egg and Cheese Omelet w/ Goldfish Graham Dried Fruit Assorted Milk	5 Mini Waffles Bagged (Craisins & 2 Graham Crackers) 100% Fruit Juice Assorted Milk	6 Apple Muffin w/ 100% Fruit Juice Fresh Fruit Assorted Milk	7 Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Assorted Milk
Strawberry Oat Bar w/ Graham Cracker Fresh Fruit Dried Fruit Assorted Milk	11 Yogurt W/ Goldfish Graham Dried Fruit Assorted Milk	12 Mini Pancakes Bagged (Craisins & 2 Graham Crackers) 100% Fruit Juice Assorted Milk	13 Blueberry Muffin w/ 100% Fruit Juice Fresh Fruit Assorted Milk	14 Reduced Sugar Cereal w/ Graham Cracker 100% Fruit Juice Assorted Milk
17 Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	18 Shri Bar 100% Fruit Juice Dried Fruit Assorted Milk	19 Mini Waffles Bagged (Craisins & 2 Graham Crackers) 100% Fruit Juice Assorted Milk	Chocolate Chip Muffin w/ 100% Fruit Juice Fresh Fruit Assorted Milk	

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.

The fruit of the month is strawberries. Did you know there are about 200 seeds on the outside of a strawberry and they're the only fruit to wear their seeds on the outside. Strawberries are also in the rose family.

freshpick
for better health



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