

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**  
Macaroni & Cheese  
OR  
Turkey & Cheese Sub  
Roasted Broccoli  
Sweet Peaches  
Milk

**2**  
Nachos Supreme  
OR  
Turkey & Cheese Sub  
Bean Salad  
Mixed Fruit  
Milk

**3**  
Cheese Pizza  
OR  
Turkey & Cheese Sub  
Celery Sticks  
Banana  
Milk

Offered Daily 5/30-6/3: Garden Salad, Yogurt & Bagel Bag

**6**  
**Breakfast for Lunch:**  
Pancakes with Sausage  
OR  
Turkey Ham & Cheese Sub  
Cinnamon Sweet Potatoes  
Fresh Apple  
Milk

**7**  
Popcorn Chicken w/  
Dinner Roll  
OR  
Turkey Ham & Cheese Sub  
Baked French Fries  
Fresh Orange  
Milk

**8**  
Baked Ziti  
with Garlic Breadstick  
OR  
Turkey Ham & Cheese Sub  
Steamed Broccoli  
Milk

**9**  
Meatball Sub  
OR  
Turkey Ham & Cheese Sub  
Bean Salad  
Mixed Fruit  
Milk

**10**  
Cheese Pizza  
OR  
Turkey Ham & Cheese Sub  
Cucumber Slices  
Banana  
Milk

Offered Daily 6/6 - 6/10: Chef Salad w/ Dinner Roll, Yogurt & Bagel Bag

**13**  
**Breakfast for Lunch:**  
French Toast Sticks  
w/ Sausage  
OR  
Turkey & Cheese Sub  
Home Fries  
Fresh Apple  
Milk

**14**  
Chicken BLT Sandwich  
OR  
Turkey & Cheese Sub  
Steamed Corn  
Sweet Pears  
Milk

**15**  
Beefy Mac w/  
Dinner Roll  
OR  
Turkey & Cheese Sub  
Broccoli  
Sweet Peaches  
Milk

**16**  
Hot Dog on a Bun  
OR  
Turkey & Cheese Sub  
Bean Salad  
Mixed Fruit  
Milk

**17**  
**School Closed**

Offered Daily 6/13 - 6/17: Garden Salad w/ Cheese, Yogurt & Bagel Bag

**20**  
Chicken Nuggets  
OR  
Turkey Ham & Cheese Sub  
Crispy French Fries  
Fresh Apple  
Milk

**21**  
**Have a Great Summer!!**



Offered Daily 6/20 - 6/24: Garden Salad w/ Cheese, Yogurt & Bagel Bag



**28**  
Visit: SodexoMyWay for Nutrition  
Information and more  
<https://longbranch.ps.sodexomyway.com>



**30**  
Due to nationwide product and  
Ingredient shortages,  
Menus are subject to change based  
on product availability



## 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.

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Assorted Cereal Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	2 Mini Pancakes Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	3 Breakfast Burrito Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice
6 Mini Cinni Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	7 Egg & Cheese Sandwich Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers	8 Assorted Cereal Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	9 Mini Pancakes Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	10 Breakfast Burrito Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice
13 Mini Cinni Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	14 Egg & Cheese Sandwich Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers	15 Assorted Cereal Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	16 Mini Pancakes Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice	17 Breakfast Burrito Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice
20 Mini Cinni Bagel w/ Cream Cheese Assorted Muffins Yogurt & Crackers 100% Fruit Juice				

### 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 c 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.



So Happy

All students meals (breakfast and lunch) are FREE. HOWEVER!! You will need to submit your child's lunch application. If you don't, and IF the state decides to continue the P-EBT program your child will not receive the benefit payments. The P-EBT program is based on student eligibility and if you failed to submit the lunch application the state will classify your child as FULL PAY and be denied the P-EBT PAYMENT.

Nutrition Information is available upon request.