

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
 Cheese Quesadilla w/Salsa
 Bacon Cheeseburger
 Ham & Cheese Sub
 Turkey Club Salad w/Roll
 Bagel Bag
 Egg & Muffin Bento Box
 Honey Glazed Carrots
 *Garden Bar
 Fresh & Canned Fruit

4
 Roasted Chicken in a Basket
 w/Biscuit
 Hot Dog w/Cheese Sauce
 Ham & Cheese Sandwich
 Turkey Club Salad w/Roll
 Bagel Box
 Egg & Muffin Bento Box
 Waffle Fries & Corn
 *Garden Bar
 Fresh & Canned Fruit

5
 Macaroni & Cheese w/Breadstick
 Chicken Parm Sandwich
 Ham & Cheese Sub
 Turkey Club Salad w/Roll
 Bagel Bag
 Egg & Muffin Bento Box
 Steamed Broccoli & Stewed
 Tomatoes
 *Garden Bar
 Fresh & Canned Fruit

6
 Twin Tacos w/Toppings & Rice
 Sloppy Joe Sliders
 Ham & Cheese Sub
 Bagel Bag
 Egg & Muffin Bento Box
 Southwest Black Beans
 *Garden Bar
 Fresh & Canned Fruit

7
 French Bread Pizza
 Meatball Sub
 Ham & Cheese Sub
 Turkey Club Salad w/Roll
 Bagel Bag
 Egg & Muffin Bento Box
 Potato Wedges
 *Garden Bar
 Fresh & Canned Fruit

10
 Breakfast for Lunch!
 French Toast Sticks w/Sausage
 Green Wave Burger
 Tuna Salad Sub
 Crispy Chicken Caesar Salad
 Cheese & Pretzel Goldfish Boat
 Deli Bento Box
 Sweet Potato Fries
 *Garden Bar
 Fresh & Canned Fruit

11
 Chicken Nuggets w/Dinner Roll
 Pepperoni Pizza Pocket
 Tuna Salad Sub
 Crispy Chicken Caesar Salad
 Cheese & Pretzel Goldfish Boat
 Deli Bento Box
 Tater Tots
 *Garden Bar
 Fresh & Canned Fruit

12
 Meatballs Marinara over Pasta
 Chicken Patty on a Bun
 Tuna Salad Sub
 Crispy Chicken Caesar Salad
 Cheese & Pretzel Goldfish Boat
 Deli Bento Box
 Broccoli Dippers
 *Garden Bar
 Fresh & Canned Fruit

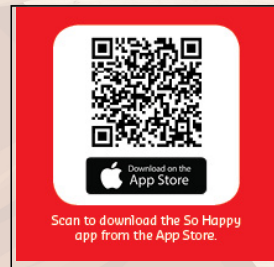
13
 Chicken Fajita w/Peppers & Onions
 over Rice
 Beef & Bean Burrito
 Tuna Salad Sub
 Crispy Chicken Caesar Salad
 Cheese & Pretzel Goldfish Boat
 Deli Bento Box
 Homestyle Baked Beans
 *Garden Bar
 Fresh & Canned Fruit

14
 Cheese Pizza
 Corn Dog Nugget
 Tuna Salad Sub
 Crispy Chicken Caesar Salad
 Cheese & Pretzel Goldfish Boat
 Deli Bento Box
 *Jersey Cucumber Slices
 *Garden Bar
 Fresh & Canned Fruit

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

17
 Grilled Cheese & Tomato Soup
 Pretzel Burger
 Turkey Club Sandwich
 Chef Salad w/Roll
 Cereal Bag
 Crazy Cheese Cube Bento Box
 Steamed Carrot Coins
 *Garden Bar
 Fresh & Canned Fruit

18
 Crispy Chicken Bowl w/Roll
 Turkey Hot Dog on a Bun
 Turkey Club Sandwich
 Chef Salad w/Roll
 Cereal Bag
 Crazy Cheese Cube Bento Box
 Mashed Potatoes & Golden Corn
 *Garden Bar
 Fresh & Canned Fruit



21

24

25

26

27

28

Menu Subject to Change

This institution is an equal opportunity provider.

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 Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	4 Warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	5 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	6 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	7 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
10 Chocolate Crescent Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	11 Warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	12 Breakfast Pizza Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	13 Golden Pancakes Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal	14 Breakfast Burrito Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers Assorted Cereal
17 Egg & Cheese Sandwich Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers	18 Warm Waffles w/Syrup Whole Grain Donut Bagel w/Cream Cheese Assorted Muffins Yogurt & Crackers			

Fresh Pick Recipe

PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.



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Nutrition Information is available upon request.