

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Cheese Quesadilla w/Salsa
Honey Glazed Carrots
Spinach Tossed Salad
Applesauce
Milk

4

Chicken Patty Sandwich
Crispy Fries
Spinach Tossed Salad
Apple Slices
Milk

5

Macaroni & Cheese w/Breadstick
Green Beans
Spinach Tossed Salad
Sweet Peaches
Milk

6

Ham & Cheese Waveable!
Celery Sticks
Spinach Tossed Salad
Orange Smiles
Milk

7

French Bread Pizza
Cucumber Coins
Spinach Tossed Salad
Pineapple Tidbits
Milk

10

Breakfast for Lunch!
French Toast Sticks w/Sausage
Sweet Potato Fries
Garden Tossed Salad
Diced Pears
Milk

11

Chicken Nuggets w/Dinner Roll
Tater Tots
Garden Tossed Salad
Apple Slices
Milk

12

Meatballs w/Pasta
Broccoli Dippers
Garden Tossed Salad
Sweet Peaches
Milk

13

Turkey & Cheese Sandwich
Baby Carrots
Garden Tossed Salad
Banana
Milk

14

Cheese Pizza
*Jersey Cucumber Slices
Garden Tossed Salad
Pineapple Tidbits
Milk

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

17


Grilled Cheese
Steamed Carrot Coins
Spinach Tossed Salad
Diced Pears
Milk

18

Ham & Cheese Sandwich
Celery Sticks
Spinach Tossed Salad
Fresh Apple
Milk



So Happy
Sodexo's menu app with nutrition and allergen information!



Scan to download the So Happy app from the App Store.

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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 Choco Chip Bar OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	4 Asst Muffins OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	5 Bagel w/Cream Cheese OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	6 Mini Berry French Toast OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	7 Blueberry Muffin OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
10 NutriGrain Bar OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	11 Banana Muffin OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	12 Mini Waffles OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	13 Yogurt OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	14 Mini French Toast OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk
17 Poptarts OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk	18 Mini Pancakes OR Asst Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice & Milk			

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.



Nutrition Information is available upon request.