

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Popcorn Chicken
Dinner Roll
Tater Tots
Fresh Apple
Milk

2
Turkey & Cheese on a Bun
Baby Carrots
Sweet Pears
Milk

3
French Bread Pizza
Broccoli Florets w/ Dip
Pineapple
Milk



6
Ham & Cheese on a Bun
Cucumber Coins
Applesauce
Milk

7
Meatball Sub
Broccoli Dippers w/ Dip
Apple
Milk

8
Baked Ziti
with Dinner Roll
Italian Green Beans
Banana
Milk

9
Popcorn Chicken Bowl
with Dinner Roll
Mashed Potato & Corn
Sweet Pears
Milk

10
Cheese Pizza
Baby Carrots
Orange
Milk



13
Hamburger on a Bun
Seasoned Green Beans
Sweet Pears
Milk

14
Chicken Nuggets
with Dinner Roll
Baked Crispy Fries
Apple
Milk

15
Ham & Cheese on a Bun
Baby Carrots
Banana
Milk

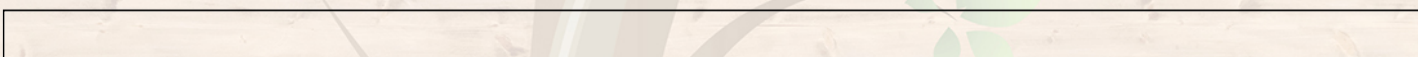
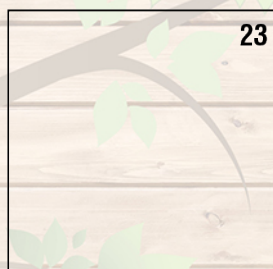
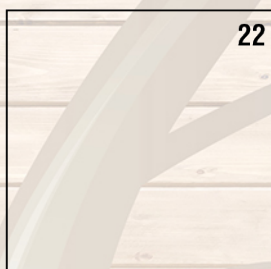
16
Breakfast for Lunch:
Breakfast Pizza
with Cheese Stick
Broccoli Florets
Applesauce
Milk

17
SCHOOL CLOSED

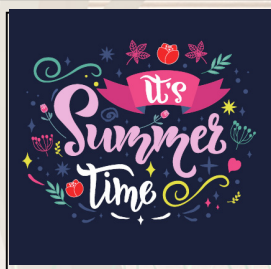


20
Turkey & Cheese on a Bun
Baby Carrots
Sweet Applesauce
Milk

21
Have a Great Summer!!



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bagel w/ Cream Cheese OR Assorted Cereal Graham Crackers 100% Fruit Juice	2 Yogurt OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk	3 Asst Muffins OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk
6 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk	7 Mini Waffles OR Assorted Cereal Graham Crackers 100% Fruit Juice 1% White Milk	8 Bagel w/ Cream Cheese OR Assorted Cereal Graham Crackers 100% Fruit Juice	9 Yogurt OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk	10 Asst Muffins OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk
13 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk	14 Mini Waffles OR Assorted Cereal Graham Crackers 100% Fruit Juice 1% White Milk	15 Bagel w/ Cream Cheese OR Assorted Cereal Graham Crackers 100% Fruit Juice	16 Yogurt OR Asst Cereal w/ Graham Crackers 100% Fruit Juice & 1% White Milk	17 SCHOOL CLOSED
20 Nutrigrain Bar OR Assorted Cereal w/ Graham Crackers 100% Fruit Juice & 1% White 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 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.