

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
Cheese Quesadilla w/Salsa Honey Glazed Carrots Applesauce Milk	Chicken Patty Sandwich Crispy Fries Apple Slices Milk	Macaroni & Cheese w/Breadstick Green Beans Sweet Peaches Milk	Ham & Cheese Waveable! Celery Sticks Tangerine Milk	French Bread Pizza Cucumber Coins Pineapple Tidbits Milk

10	11	12	13	14
Breakfast for Lunch! French Toast Sticks w/Sausage Sweet Potato Fries Diced Pears Milk	Chicken Nuggets w/Dinner Roll Tater Tots Apple Slices Milk	Meatballs w/Pasta Broccoli Dippers Sweet Peaches Milk	Turkey & Cheese Sandwich Baby Carrots Banana Milk	Cheese Pizza *Jersey Cucumber Slices 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	18	 So Happy <small>Sodexo's menu app with nutrition and allergen information!</small>	 <small>Download on the App Store</small> <small>Scan to download the So Happy app from the App Store.</small>	21
Grilled Cheese Steamed Carrot Coins Diced Pears Milk	Ham & Cheese Sandwich Celery Sticks Fresh Apple Milk			

24	25	26	27	28

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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 Multigrain Cheerios Fruit Punch Milk	4 Mini Pancakes Grape Juice Milk	5 Cinnamon Toast Cereal Pineapple Juice Milk	6 Yogurt Graham Crackers Orange Juice Milk	7 Blueberry Muffin Apple Juice Milk
10 Mini Waffles Fruit Punch Milk	11 Banana Muffin Grape Juice Milk	12 Cinnamon Cream Cheese Bagels Pineapple Juice Milk	13 Yogurt Graham Crackers Orange Juice Milk	14 Mini French Toast Apple Juice Milk
17 Multigrain Cheerios Fruit Punch Milk	18 Mini Pancakes Grape 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.