

MONDAY

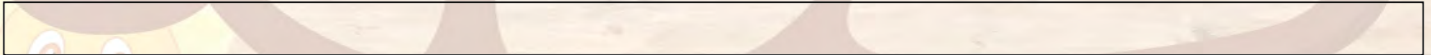


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7

Breakfast:
Pancake on a Stick
Lunch:
Teriyaki Chicken and Rice
Crispy Chicken Burger on a Bun
All American Sandwich on WW
Classic Chef Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

8

Breakfast:
Breakfast Burrito
Lunch:
Homemade Chili Cheese Fries
Baked Pepperoni or Cheese Pizza
Yummy Egg Salad Sub Sandwich
Poppin' Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

9

Breakfast:
Egg & Cheese English Muffin
Lunch: Hot Diggity Dog
Chicago Dog w/Toppings
Chicken Bites w/WWW Roll
Ranch Turkey & Cheese Flatbread
Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

10

Breakfast:
WG Pancakes w/Syrup
Lunch:
County Style Chicken Bowl
w/WWW Roll
Supreme or Cheese Pizza
Chillin' Tuna Salad Sub
Mandarin Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

11

Breakfast: Muffins w/Mom
Blueberry Muffin Square
Lunch:
Homemade Mac and Cheese
Hamburger/Cheeseburger
w/Potato Wedges
Turkey & Cheese on a Bagel
Peppi Pizza Salad w/WWW Roll
Includes Fruits, Vegetables & Milk
COOKIE DAY



14

Breakfast:
Sausage Breakfast Pizza
Lunch:
Whole Grain Corn Dog
Crispy Chicken Burger on a Bun
Turkey & Cheese Sandwich on WW
Chicken Caesar Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

15

Breakfast:
Warm Fruit Pocket
Lunch:
Totally Taco Burger
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Crispy Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

16

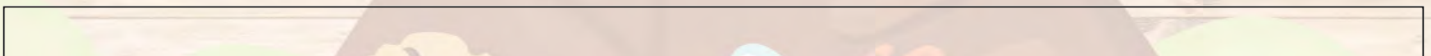
Breakfast:
Sausage & Cheese Biscuit
Lunch: Hot Diggity Dog
Maui Dog w/Toppings
Chicken Bites w/WWW Roll
Crunchy Chicken Wrap
SW Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

17

Breakfast:
Fruit & Yogurt Parfait
Lunch:
Tangy Orange Chicken over Rice
Hawaiian or Cheese Pizza
Chunky Chicken Sub Sandwich
Peppi Pizza Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

18

Breakfast:
French Toast w/Syrup
Lunch:
Creamy Chicken Alfredo over Pasta
Cheeseburger/Hamburger
w/Potato Wedges
Sunbutter & Jelly Sandwich
Freshly Picked Fruit & Spinach Salad
w/WWW Roll
Includes Fruits, Vegetables & Milk



21

Breakfast:
Hard Boiled Egg w/Biscuit
Lunch:
Bean & Cheese Burrito
Crispy Chicken Burger on a Bun
All American Sandwich
Classic Chef Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

22

Breakfast:
Choc Chip Breakfast Round
Lunch:
Street Pork Taco
Baked Pepperoni or Cheese Pizza
Yummy Egg Salad Sub Sandwich
Poppin' Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

23

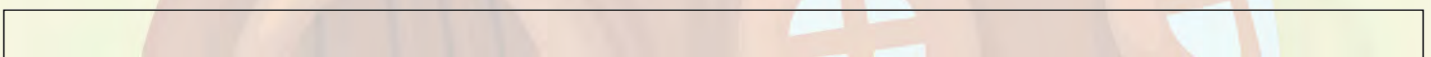
Breakfast:
Cinnamon Roll
Lunch: Hot Diggity Dog
Austin Dog w/Toppings
Pozole Soup w/Tortilla Chips
Chicken Bites w/WWW Roll
Ranch Turkey & Cheese Flatbread
Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

24

Breakfast:
WG Bagel w/Cream Cheese
Lunch:
Meaty Sloppy Joe on a Bun
Chicken Ranch or Cheese Pizza
Tasty Tuna Sub Sandwich
Mandarin Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

25

Breakfast:
French Toast w/Syrup
Lunch: Red, White & Blue Bar
Homemade Beef Lasagna
Cheeseburger/Hamburger
w/Potato Wedges
Turkey & Cheese on a Bagel
Peppi Pizza Salad w/WWW Roll
Includes Fruits, Vegetables & Milk
COOKIE DAY



29

Breakfast:
Warm Biscuit w/Gravy
Lunch:
Home Style Chicken Pot Pie
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Crispy Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

30

Breakfast:
Ham & Cheese English Muffin
Lunch: Hot Diggity Dog
Savory Beef & Broccoli over Rice
Chicken Bites w/WWW Roll
Crunchy Chicken Wrap
SW Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

31

Breakfast:
Mini Maple Waffles
Lunch:
Baked Chicken & Cheesy Potatoes
w/WWW Roll
Baked Taco or Cheese Pizza
Ham & Cheese Sub Sandwich
Peppi Pizza Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

**BREAKFAST INCLUDES:
CHOICE OF DAILY ENTREE
LISTED OR CEREAL W/TOAST
A VARIETY OF FRUITS AND MILK**

Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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

Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor, but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable and they taste great too. At its core, Mexican cuisine is very healthy so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news – load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way to enhancing the healthfulness of your celebration. Enjoy!

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

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.



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.70

MIDDLE SCHOOL \$1.85

HIGH SCHOOL \$2.00

LUNCH: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.70 MIDDLE