

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

National Egg Day!
Breakfast:
 Eggs and Toast
Lunch:
 Bean & Cheese Enchilada
 Chicken Burger
 American Sandwich
 Chicken Caesar Salad w/WW Roll
Included Fruits, Vegetables & Milk

4

Breakfast:
 Pizza Bagel
Lunch:
 Chicken & Waffles
 Pepperoni or Cheese Pizza
 Chicken Salad Sub
 Peppi Pizza Salad w/WW Roll
Included Fruits, Vegetables & Milk

5

Breakfast:
 French Toast Sticks
Lunch:
 Cheesy Breadsticks with Marinara
 Chicken Nuggets w/WW Roll
 Sunbutter or PB & J Sandwich
 Beef Taco Salad w/Tortilla Chips
Included Fruits, Vegetables & Milk

6

Breakfast:
 Bagel w/Cream Cheese
Lunch:
 Toasted Cheese Sandwich
 with Tomato Soup
 Sausage or Cheese Pizza
 Tuna Salad Sub
 Crispy Chicken Salad w/WW Roll
Includes Fruits, Vegetables & Milk

7

Breakfast:
 WG Cinnamon Roll
Lunch:
 Spaghetti with Meat Sauce
 Ham Salad & Cheese Sandwich
 Lift-Off Salad w/WW Roll
Includes Fruits, Vegetables & Milk
Cookie Day!

10

Breakfast:
 Pancake on a Stick
Lunch:
 Teriyaki Chicken over Brown Rice
 Chicken Burger
 Turkey & Cheese Sandwich
 Chef Salad w/WW Roll
Includes Fruits, Vegetables & Milk

11

Breakfast:
 Fruit Frudel
Lunch:
 Classic Hot Dog
 Pepperoni or Cheese Pizza
 Italian Sub
 Chicken Caesar Salad w/WW Roll
Includes Fruits, Vegetables & Milk

12

Breakfast:
Cooks Choice
Lunch:
Cooks Choice or
 Chicken Nuggets w/WW Roll
 Ham Salad & Cheese Sandwich
 Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

13

Breakfast:
Cooks Choice
Lunch:
Cooks Choice and or
Sack Lunch
Includes Fruits, Vegetables & Milk

14

SCHOOLS OUT FOR THE SUMMER!!!

17

Summer Lunch:
 Popcorn Chicken
 Sun Butter or Peanut Butter
 & Jelly Sandwich
Includes Fruits, Vegetables & Milk

18

Summer Lunch:
 Chicken or Cheese
 Quesadilla
 Turkey & Cheese
 Sandwich
Includes Fruits, Vegetables & Milk

19

Summer Lunch:
 Pizza
 Yogurt, Cheese Stick
 & Crackers
Includes Fruits, Vegetables & Milk

20

Summer Lunch:
 Hot Dog
 Sun Butter or Peanut Butter
 & Jelly Sandwich
Includes Fruits, Vegetables & Milk

21

Summer Lunch:
 Hamburger
 Turkey & Cheese
 Sandwich
Includes Fruits, Vegetables & Milk

24

Summer Lunch:
 Corn Dog
 Sun Butter or Peanut Butter
 & Jelly Sandwich
Includes Fruits, Vegetables & Milk

25

Summer Lunch:
 Chicken Burger
 Turkey & Cheese
 Sandwich
Includes Fruits, Vegetables & Milk

26

Summer Lunch:
 Pizza
 Yogurt, Cheese Stick
 & Crackers
Includes Fruits, Vegetables & Milk

27

Summer Lunch:
 Egg & Cheese Muffin
 Sun Butter or Peanut Butter
 & Jelly Sandwich
Includes Fruits, Vegetables & Milk

28

Summer Lunch:
 Cheese Burger
 Turkey & Cheese
 Sandwich
Includes Fruits, Vegetables & Milk



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



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

Check your district's website for information on Free Summer Feeding Sites in your area!

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

LUNCH INCLUDES:
 CHOICE OF DAILY ENTREE LISTED AND A VARIETY OF FRUITS, VEGETABLES AND MILK



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

The Mediterranean Diet is a Healthy Option for Kids

Mediterranean diet is a generic term based on the typical eating habits in the countries that border the Mediterranean Sea. The Mediterranean diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats. Nutrients from these foods help support optimal growth and development while also promoting a healthy weight. Traditional Mediterranean populations also include regular physical activity in their routine and make eating a positive, social experience. The following suggestions will help get you started with this heart-healthy nutrition plan:

1. Build a strong base. Instead of making meat the main event, use plant-based foods, such as fruits, vegetables, beans and whole grains, the foundation of your meal plan.

2. Get friendly with beans. You won't find lots of red meat or even much chicken in this diet, but there are plenty of beans and lentils. Beans are loaded with plant protein, fiber, carbohydrates and are naturally low in fat. Beans also supply potassium, magnesium and iron.

3. Add more seafood. Fish plays a starring role in the Mediterranean diet. It is a top source of heart- and brain-friendly omega-3 essential fatty acids, plus it's packed with protein.

4. Don't fear the healthy fats. Healthful monounsaturated and polyunsaturated fats from olive oil, nuts and seeds are an important part of the Mediterranean diet. Let kids design their own trail mix using their favorite dried fruits, whole-grain cereals, nuts and seeds. If you have small children, use caution with nuts and seeds because they present a potential choking hazard.

For recipes related to the Mediterranean Diet check out: <https://www.allrecipes.com/recipes/16704/healthy-recipes/mediterranean-diet/>.

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

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.70 MIDDLE SCHOOL \$1.85

LUNCH: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.70 MIDDLE SCHOOL \$3.10

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH -
PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.