

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

- Hot Dog Sandwich
- Beef Burrito
- Soybutter & Jelly Sandwich
- Great Green Beans
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Peachy Keen Peaches
- Orange Smiles, Fresh Apple

4

- Baked Penne Pasta/Sauce
- Crispy Chicken Sandwich
- Ham & Cheese Sandwich
- Bold Broccoli
- Salad Leafy Greens
- Cucumber Wheels, Baby Carrots
- Marvelous Mandarin Oranges
- Orange Smiles, Fresh Apple

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- Chicken & Waffle's
- Crispy Chicken Salad/Roll
- Italian Sub
- Sweet Glazed Carrots
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Peachy Keen Peaches
- Orange Smiles, Fresh Apple

6

- Beefy Nachos
- Cheese Quesadilla
- Turkey & Cheese Sandwich
- Refried Beans
- Salad Leafy Greens
- Celery Sticks, Baby Carrots
- Paradise Island Pineapple
- Orange Smiles, Fresh Apple

7

- BBQ Pulled Turkey on a Bun
- Taco Salad
- Pretzels & Cheese Cup
- Golden Tater Tots
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- 100% fruit Juice
- Orange Smiles, Fresh Apple

Select one main item each day, then choose from the side items offered. Breadsticks are available daily!

10

- Pepperoni Pizza
- Cheesy Bean Burrito
- Grilled Cheese Sandwich
- Oven Fries
- Salad Leafy Greens Broccoli Buds, Baby Carrots Funky
- Fruit Cocktail
- Orange Smiles, Fresh Apple

11

- Mac & Cheese W/Breadstick
- Hot Dog on Bun
- Turkey & Cheese Sandwich
- Seasoned Carrots
- Salad Leafy Greens
- Cucumber Wheels, Baby Carrots
- Paradise Island Pineapple
- Orange Smiles, Fresh Apple

12

- Chicken & Waffle's
- Cheese Burger on Bun
- Italian Sub
- Sweet Peas
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Peachy Keen Peaches
- Orange Smiles, Fresh Apple

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- Walking Tacos
- Garlic Cheesy Flatbread/Sauce
- Ham & Cheese Sandwich
- Mexican Re-Fried Beans
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Magnificent Mandarin Oranges
- Orange Smiles, Fresh Apple
- (1/2 day menu below)

14

- Salisbury Steak W/Dinner Roll
- Garden Salad/Dinner Roll
- Turkey Sandwich
- Mashed Potatoes & Gravy
- Salad Leafy Greens
- Celery Sticks, Baby Carrots
- Awesome Applesauce
- Orange Smiles, Fresh Apple

A Choice of 1% Chocolate, Strawberry and White Milk are available at no charge with each meal additional milk can be purchased for \$.50.

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Breakfast For Lunch

- French Toast W/Sausage
- Hot Dog on Bun
- Taco Salad/Roll
- Cool California Vegetables
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Peachy Keen Peaches
- Orange Smiles, Fresh Apple

18

- Orange Chicken W/Rice
- Grilled Cheese
- American Sub
- Asian Blend Vegetables
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Amazing Mixed Fruit
- Orange Smiles, Fresh Apple

19

- Chicken & Waffles
- Pretzel & Cheese Sauce
- Soy Butter & Jelly
- Seasoned Carrots
- Salad Leafy Greens
- Broccoli Buds, Baby Carrots
- Magnificent Mandarin Oranges
- Orange Smiles, Fresh Apple

20

- Cheese Burger
- Bosco Sticks W/Sauce
- Chef Salad/Roll
- Seasoned French Fries
- Salad Leafy Greens
- Celery Sticks, Baby Carrots
- Paradise Island Pineapple
- Orange Smiles, Fresh Apple

21

- Pepperoni Pizza
- Taco Salad/Tortilla Chips
- Ham & Cheese Sandwich
- Hash browns
- Salad Leafy Greens
- Cucumber Wheels, Baby Carrots
- Out Of This World Orange Juice
- Orange Smiles, Fresh Apple

Each meal has five components. To receive the meal price students must take three of five components and one must be a fruit or a vegetable.

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WINTER BREAK

25

WINTER BREAK

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WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK

All first Meals to Students are FREE!!

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WINTER BREAK

WINTER BREAK

December 13th
Is a half day for
 Jessie Loomis
 Jessie Rouse
 Merrill Park
 Arthur Eddy
 Turkey & Cheese Sub
 Baby Carrots
 Apples
 1% White Milk

WINTER BREAK

WINTER BREAK

All of our lunch meats are turkey based products.

This institution is an equal opportunity provider.

Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liffoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biscuit Sandwich Orange Juice Choice of Milk	Breakfast Pizza Whole Apples Choice of Milk	Apple Frudel Turkey Sausage Link Orange Juice Choice of Milk	WG Muffin Yogurt Cup Whole Oranges Choice of Milk	Sausage Biscuit Apple Sauce Cup Choice of Milk
Dutch Waffle W/ Sausage Whole Oranges Choice of Milk	Oatmeal W/Raisins Breakfast Burrito (Breakfast in Class) W/ Bacon Apple Juice Choice of Milk	Biscuit Sausage Sandwich Fresh Apples Choice of Milk	Colby Cheese Omelet W/Toast Orange Juice Choice of Milk	Mini Pancakes Turkey Sausage Apple Sauce Choice of Milk
Egg & Cheese English Muffin Apples Choice of Milk	Breakfast Pizza Orange Juice Choice of Milk	Breakfast Burrito Apple Sauce Choice of Milk	French Toast Bites/ Sausage Orange Juice Choice of Milk	Fruit Muffin & Yogurt cup Apple Juice Choice of Milk
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.



Nutrition Information is available upon request.

