

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
Cheese Pizza Salad Leafy Greens Broccoli Buds Peachy Keen Peaches	Baked Penne Pasta/Sauce Bold Broccoli Salad Leafy Greens Cucumber Wheels Fresh Apple	Chicken & Waffles Great Green Beans Salad Leafy Greens Baby Carrots Peachy Keen Peaches	Cheese Quesadilla Tater Tots Salad Leafy Greens Baby Carrots Orange Smiles	

Select one main item each day, then choose from the side items offered.

10	11	12	13	14
Cheesy Bean Burrito Salad Leafy Greens Broccoli Buds Fresh Apple	Mac & Cheese W/Breadstick Potato Smiles Salad Leafy Greens Paradise Island Pineapple	Italian Sub Salad Leafy Greens Baby Carrots Fresh Apple	Garlic Cheese Flatbread Salad Leafy Greens Baby Carrots Magnificent Mandarin Oranges	

1% White Milk are available at no charge with each meal additional milk can be purchased for \$.50.

17	18	19	20	21
Grilled Cheese Sandwich Cool California Vegetables Salad Leafy Greens Fresh Apple	Bosco Sticks W/Sauce Asian Blend Vegetables Salad Leafy Greens Amazing Mixed Fruit	Soy Butter & Jelly Super Smiley Potatoes Salad Leafy Greens Baby Carrots Fresh Apple	Pretzel & Cheese Sauce Salad Leafy Greens Celery Sticks Paradise Island Pineapple	

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.

24	25	26	27	28

All first Meals to Students are FREE!!

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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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biscuit Sandwich Orange Juice Milk	Breakfast Pizza Apple Milk	Apple Frudel Turkey Sausage Link Orange Juice Milk	WG Muffin Yogurt Cup Whole Oranges Milk	
Dutch Waffle W/ Sausage Fresh Fruit & Juice Milk	Breakfast Burrito Apple Juice Milk	Biscuit Sausage Sandwich Fresh Fruit Milk	Colby Cheese Omelet W/Toast Orange Juice Milk	
Egg & Cheese English Muffin Apples Milk	Breakfast Pizza Orange Juice Milk	Breakfast Burrito Apples Sauce Milk	French Toast Bites/ Sausage Fresh Fruit Milk	

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.

