

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



LUNCH \$2.70
MILK .55
LUNCH REDUCED .40

g CARB COUNTS
WHITE MILK-11g
SKIM MILK-11g
CHOCOLATE MILK-20g

NO
SCHOOL

1

4

BAKED CHICKEN NUGGETS
W/ROLL-42g
PASTA w/MEAT SAUCE-55g
CHEF SALAD-30g
BITE SIZE PITA EXPRESSABLE-32g
FUN ON THE RUN-55g
GREENBEANS-6g
ROMAINE-2g/CARROTS-6g
ORANGE-21g/MIXED FRUIT-18g
MILK

5

BEEF NACHOS-39g
HOT DIGGITY DOG-29g
FRESH GARDEN SALAD-25g
TURKEY SUB-21g
FUN ON THE RUN-55g
PEAS-6g
ROMAINE-2g/CUCUMBER-6g
APPLE-22g/PEACHES-18g
MILK

6

PEPPERONI PIZZA-33g
CRISPY CHICKEN SANDWICH-37g
CHICKEN CAESAR SALAD-30g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
GREEN BEANS-6g
ROMAINE-2g/CELERY STICKS-4g
APPLESAUCE-13g/PEARS-14g
MILK

7

CHICKEN NUGGETS & WAFFLE-51g
CHEESEBURGER-28g
MINNIE MOUSE SALAD-21g
CLASSIC CLUB WRAP-41g
FUN ON THE RUN-55g
SWEET POTATOES
ROMAINE-2g/ORANGE SMILE-21g
GARBANZO BEANS-17g/APPLE-13g
MILK

8

STUFFED CRUST CHEESE PIZZA-38g
PORK RIBETTE SANDWICH-30g
CRISPY CHICKEN SALAD-37g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
CORN-19g
ROMAINE-2g/PEAS-21g
APPLE-22g/PINEAPPLE TIDBITS-14g
MILK

11

CHEESY BAKED POTATO
w/BROCCOLI-9g
CHEESEBURGER-28g
CHEF SALAD-30g
BITE SIZE EXPRESSABLE-32g
FUN ON THE RUN-55g
GREENBEANS-6g
ROMAINE-2g/CARROTS-6g
FRESH ORANGE-21g/MIXED FRUIT-18g
MILK

12

ITALIAN MEATBALL SUB-32g
MINI CORN DOGS-18g
FRESH GARDEN SALAD-25g
TURKEY SUB-21g
FUN ON THE RUN-55g
PEAS-12g
ROMAINE-2g/CUCUMBER-3g
APPLE-22g/PEACHES-18g
MILK

13

CHEESY CHEESE PIZZA-37g
CHICKEN PARMESAN SLIDERS-46g
CHICKEN CEASAR SALAD-30g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
BROCCOLI FLORETTES-4g
ROMAINE-2g/CELERY STICKS-4g
REFRIED BEANS-18g
APPLESAUCE-13g/PEARS-14g
MILK

14

CHICKEN MASHED POTATO BOWL-65g
CHICKEN PATTY ON A BUN-30g
MINNIE MOUSE SALAD-21g
CLASSIC CLUB WRAP-41g
FUN ON THE RUN-55g
SWEET POTATOES
ROMAINE-2g/CARROTS-6g
ORANGE SMILES-21g/APPLE-22g
GARBANZO BEANS-17g
MILK

15

STUFFED CRUST CHEESE PIZZA-38g
ROTINI w/MEAT SAUCE w/ROLL-68g
CRISPY CHICKEN SALAD-37g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
CORN-19g
ROMAINE-2g/CUCUMBER-3g
APPLE-22g/PINEAPPLE TIDBITS-14g
MILK

18

MACARONI & CHEESE -31g
BAKED CHICKEN NUGGETS
W/ROLL-29g
CHEF SALAD-30g
BITE SIZE EXPRESSABLE-32g
FUN ON THE RUN-55g
GREEN BEANS-6g
ROMAINE-2g/CARROTS-6g
ORANGE-21g/MIXED FRUIT-18g
MILK

19

CHEESY BAKED POTATO
w/BROCCOLI-9g
SPICY CHICKEN PATTY-30g
FRESH GARDEN SALAD-25g
TURKEY SUB-21g
FUN ON THE RUN-55g
PEAS-12g
ROMAINE-2g/CUCUMBER-3g
APPLE-22g/CHILLED PEACHES-18g
MILK

20

STUFFED CRUST CHEESE PIZZA-38g
CRISPY CHICKEN SANDWICH-30g
CHICKEN CEASAR SALAD-30g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
GREENBEANS-6g
ROMAINE-2g/CELERY STICKS-4g
APPLESAUCE-13g/DICED PEARS-14g
MILK

21

CHICKEN NUGGETS & WAFFLE-61g
BEEF NACHOS-39g
MINNIE MOUSE SALAD-21g
CLASSIC CLUB WRAP-41g
FUN ON THE RUN-55g
ROMAINE-2g/SWEET POTATOES
ORANGE-21g/PINEAPPLE TIDBITS-14g
GARBANZO BEANS-17g
MILK

22

STUFFED CRUST CHEESE PIZZA-38g
PORK RIBETTE SANDWICH-30g
CRISPY CHICKEN SANDWICH-37g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
CORN-19g
APPLE-22g/PINEAPPLE TIDBITS-14g
MILK

25

BAKED CHICKEN NUGGETS &
WAFFLE-61g
PASTA w/MEATSAUCE & ROLL-55g
CHEF SALAD-30g
BITE SIZE PITA EXPRESSABLE-32g
FUN ON THE RUN-55g
GREENBEANS-6g
ROMAINE-2g/CARROTS-6g
ORANGE-21g/MIXED FRUIT-18g
MILK

26

ITALIAN MEATBALL SUB-32g
CRISPY CHICKEN SANDWICH-30g
FRESH GARDEN SALAD-25g
TURKEY SUB-21g
FUN ON THE RUN-55g
PEAS-12g
ROMAINE-2g/CUCUMBER-3g
APPLE-22g/PEACHES-18g
MILK

27

PEPPERONI PIZZA-33g
HOT DOG ON A BUN-29g
CHICKEN CAESAR SALAD-30g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
GREEN BEANS-6g
ROMAINE-2g/CELERY STICKS-4g
APPLESAUCE-13g/PEARS-14g
MILK

28

CHICKEN MASHED POTATO BOWL-65g
CHEESEBURGER-28g
MINNIE MOUSE SALAD-21g
CLASSIC CLUB WRAP-41g
FUN ON THE RUN-55g
ROMAINE-2g/SWEET POTATOES
ORANGE-21g/PINEAPPLE TIDBITS-14g
GARBANZO BEANS-17g
MILK

29

STUFFED CRUST CHEESE PIZZA-38g
MINI CORN DOGS-18g
CRISPY CHICKEN SALAD-37g
ALL AMERICAN SUB-29g
FUN ON THE RUN-55g
CORN-21g
ROMAINE-2g/CUCUMBER-3g
APPLE-22g/PINEAPPLE TIDBITS-14g
Milk

Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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

www.liftoffsp playground.com

MyMondays is Committed to Improving Health

Since wellness can mean different things to different people, Sodexo created "MyMondays" as a way for individuals to identify what health commitment is most important to jump start their personal health. It's your child's or your family's opportunity to decide how you will commit to improving your personal well-being. The four themes of MyMondays are consistent with the messages being shared in the global Mondays Campaign. Each month Sodexo's MyMondays educational program will feature messages and suggested activities to promote the four weekly recurring themes.

The four themes include:

- 1. Harvest Monday** encourages students to try new foods and consume more plant-based foods like fruits and vegetables.
- 2. Move It Monday** encourages students how to build activity into their daily lives.
- 3. Kids Cook Monday** encourages families to find creative, kid-friendly ways to get students more involved in cooking at home. Cooking is an excellent and fun way to reinforce reading and math skills, as well as learn more about different cultures.
- 4. Kids Care Monday** demonstrates to students behaviors that can help keep our Earth, schools and homes healthier.

This program was specifically designed to help schools who are ready to create a health education program, and are designed to provide ideas schools can implement regardless of their available resources. We encourage you and your family to learn more about these four key health-promoting topics, review our resources and commit to one new healthier behavior each week. If each week seems overwhelming, start with a new behavior each month. Building a healthier lifestyle begins with one small step that continues to build over time.

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

SWEET SUMMER CORN SUCCOTASH (SERVES 4)

- 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
- 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
- 1 1/8 tsp basil (chopped)
- 1 1/8 tsp parsley (chopped)
- 1 3/4 tsp canola/olive oil blend
- 3/4 cup and 1/2 Tbsp corn kernels without salt
- 1/3 and 1 Tbsp frozen green peas without salt
- 1/3 cup and 1 Tbsp lima beans without salt
- 1/4 cup and 1 tsp low fat milk
- 2 3/8 tsp water
- 3/4 tsp cornstarch
- Black pepper

1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. Pour oil into a sauce pan and tilt the skillet to heat the oil. Add onion and peppers and saute until tender; about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and cornstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk cornstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

NUTRITION FACTS:
92 calories, 2.59g fat,
23mg sodium, 2.84g fiber

