

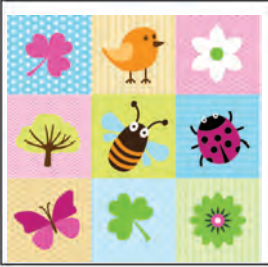
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



ALMERZO \$2.70
REDUCIDO-40
LECHE.55

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

1

4

Nugets de Pollo al Homo-35g
Pasta con salsa de carne-55g
ENSALADA CHEF-30g
Bocadillos de Pan Pita-32g
Rapido y divertido-55g
Lechuga Romana-2g
Zanahorias-21g
Ejotes-6g
Fruta Mezclada18/Naranjas Frescas21g
Leche

5

Nachos con Carne-39g
Perrito caliente en un bollo-28g
Ensalada Fresca Jardinera-25g
Sub de Turquia-21g
Rapido y Divertido-55g
GUISANTES-6g
Lechuga Romana-2g/PEPINOS-6g
MANZANA-22g/Copa de melocton-18g
LECHE

6

Pizza de Peperoni-34g
Sandwich de pollo-37g
Ensalada Cesar-30g
SUB AMERICANO-29g
Rapido y Divertido-55g
Ramitas de Brocoli-4g
Lechuga Romana-2g/Palitos de apio-4g
Sonrisas de Naranja-21g
Compota de manzana-22g
Leche

7

NUGGETS de POLLO y Waffle-34g
HAMBURGUESA de QUESO-28g
Ensalada Mini Mouse-21g
WRAP CLUB CLASICO-41g
Rapido y Divertido-55g
Frijoles refritos-18g
Lechuga Romana/Pepinos-6g
Sonrisa de naranja jugosa-21g
Cerezas rojas
Leche

8

Pizza de queso de masa Rellenos-35g
Sandwich de Cerdo
Ensalada de Pollo Crujiente-37g
Sub Americano-29g
Rapido y Divertido-55g
Lechuga Romana-2g/Zanahorias-6g
MANZANA-22g/Naranja-21g
LECHE

11

Papa al horno con Queso y Brocoli-26
HAMBURGUESA de QUESO-28g
ENSALADA CHEF-30g
BOCADILLOS DE PAN PITA-32g
RAPIDO Y DIVERTIDO-55g
EJOTES-6g
Lechuga Romana-2g/ZANAHORIAS-6g
NARANJA FRESCA-21/MEZCLA DE FRUTAS18
LECHE

12

Sub de albondigas Italiano-32g
Perros Mini Maiz-37g
Fresca Ensalada Jardinera -25g
SUB DE TURQUIA-21g
Rapido y Divertido-55g
GUISANTES-12g
Lechuga Romana-2g/Pepinos-3g
MANZANA-22g/Duraznos frios-18g
LECHE

13

Pizza de Queso-37g
Sandwich PequeOs de Pollo Parmesano
Ensalada Cesar de Pollo-30g
SUB AMERICANO-29g
Rapido y Divertido-55g
Ramitas de Brocoli-4g
Lechuga Romana-2g/Palitos de Apio-4g
Pure de Manzana-13/Peras Refrigerada
LECHE

14

Taza de pure de patatas polo-65g
Empanada de polla en un pan-30g
Ensalada Mini Mouse-21g
abrigo clasico club-41g
Rapido y Divertido-55g
CEREZAS ROJAS
Lechuga Romana-2g/Batata
Jugo de Naranja Fresco-21g
CICER ARIETINUM-17g
LECHE

15

Pizza de queso de masa rellenos-35g
Pasta con salsa de carne-55g
Ensalads de Pollo Crujiente-37g
Sub Americano-29g
Rapido y Divertido-55g
Maiz-19g
Lechuga Romana-2g/Pepinos-6g
Manzana-22g/Costias Pina-14g
Leche

18

Macarrones y Queso-31g
Nugets de Pollo al Horno con Pan-29g
Ensalada Chef-30g
Bocadillos de Pan Pita-32g
Rapido y Divertido-55g
Ejotes-6g
Lechugga Romana-2g/Zanahorias-6g
Naranja-21g/ Mezcla de Fruta-18g
Leche

19

Papa al horno con Queso y Brocoli-9g
Empanada de pollo picante-30g
Ensalada Fresca Jardinera-25g
Sub de Turquia-21g
Rapido y Divertido-55g
GUISANTES-12g
Lechuga Romana-2g/Pepinos-3g
MANZANA-22g/Duraznos frios-18g
LECHE

20

Pizza de Queso-37g
Sandwich de pollo-30g
Ensalada Cesar-30g
SUB AMERICANO-29g
Rapido y Divertido-55g
Ramitas de Brocoli-4g
Lechuga Romana-2g/Palitos de apio-4g
Compota de manzana-22g/PERAS
LECHE

21

NACHOS CON CARNE-39g
HAMBURGUESA de QUESO-28g
Ensalada Mini Mouse-21g
WRAP CLUB CLASICO-41g
Rapido y Divertido-55g
Lechuga Romana/Pepinos-6g
Naranja-21g/Cositas Pina-14g
CICER ARIETINUM-17g/BATATA
LECHE

22

Pizza de queso de masa Rellenos-35g
Perros Mini Maiz-37g
Ensalada de Pollo Crujiente-37g
Sub Americano-29g
Rapido y Divertido-55g
Maiz-21g
Lechuga Romana-2g/pepinos-3g
Manzana-22g/Cositas pina-14g
Leche

25

Nugets de Pollo al Homo-35g
Pasta con salsa de carne-55g
ENSALADA CHEF-30g
Bocadillos de Pan Pita-32g
Rapido y divertido-55g
Lechuga Romana-2g
Zanahorias-21g
Ejotes-6g
Fruta Mezclada18/Naranjas Frescas21g
Leche

26

Sub de albondigas Italiano-32g
Sandwich de pollo-37g
Ensalada Fresca Jardinera-25g
Sub de Turquia-21g
Rapido y Divertido-55g
GUISANTES-6g
Lechuga Romana-2g/PEPINOS-6g
MANZANA-22g/Copa de melocton-18g
LECHE

27

Pizza de Peperoni-34g
Perrito caliente en un bollo-28g
Ensalada Cesar-30g
SUB AMERICANO-29g
Rapido y Divertido-55g
Ramitas de Brocoli-4g
Lechuga Romana-2g/Palitos de apio-4g
Sonrisas de Naranja-21g
Compota de manzana-22g
Leche

28

Taza de pure de patatas polo-65g
HAMBURGUESA de QUESO-28g
Ensalada Mini Mouse-21g
WRAP CLUB CLASICO-41g
Rapido y Divertido-55g
Frijoles refritos-18g
Lechuga Romana/Pepinos-6g
Sonrisa de naranja jugosa-21g
Cerezas rojas
Leche

29

Pizza de queso de masa Rellenos-35g
Perros Mini Maiz-37g
Ensalada de Pollo Crujiente-37g
Sub Americano-29g
Rapido y Divertido-55g
Maiz-21g
Lechuga Romana-2g/pepinos-3g
Manzana-22g/Cositas pina-14g
Leche

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.liftoffplayground.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

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complain form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

