

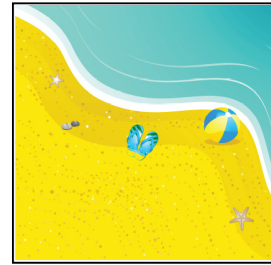
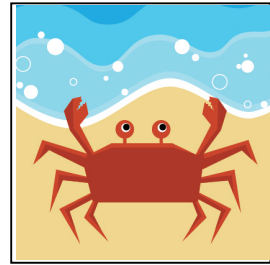
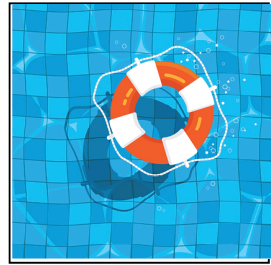
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
OVEN BAKED CHICKEN TENDERS
SERVED W/ OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED W/
OVEN BAKED FRIES
OR
GARDEN SALAD W/ WG ROLL

4
BBQ CHICKEN W/ WAFFLES FRIES
OR
FALAFEL WITH TZATZIKI SAUCE
CUCUMBERS AND SLICED
TOMATOES
ON A PIT

5
HOUSEMADE GARLIC CHICKEN
FRIED
RICE W/ SNAP PEAS & VEGGIES
OR
GARLIC FRIED RICE WITH
SNAP PEAS AND VEGGIES

6
VEGGIE
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

7
SPAGHETTI WITH MEATBALLS
AND MARINARA
SERVED WITH WG ROLL
OR
FRESH FRUIT MEDLEY W/
COTTAGE CHEESE & WG ROLL

8
ALL AMERICAN FLAME GRILLED
BEEF BURGER, CHEESEBURGER
OR
VEGETARIAN BURGER
SERVED W/ OVEN BAKED
FRENCH FRIES

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

11
BEEF MEATLOAF WITH
GARLIC POTATOES OR
GRILL CHEESE SANDWICH
WITH FRIES

12
CHEFFS SPECIAL
OR
CHARCUTERIE BOX
(FRESH FRUIT AND VEG, HUMMUS
AND WG CRACKERS)

13
TURKEY PEPPERONI,
MARGHERITA
FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/
GARBANZO BEANS & PARMESAN
CHEESE SERVED W/ WG ROLL
*PIZZA SERVED ON WG CRUST

14
HOUSEMADE BEEF LASAGNA
W/VINE RIPENED TOMATO SAUCE
OR
PENNE ALFREDO W/ FRESH
BROCCOLI

15
OVEN BAKED CHICKEN TENDERS
SERVED W/ OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED W/
OVEN BAKED FRIES
OR
GARDEN SALAD W/ WG ROLL

18
BREAKFAST FOR LUNCH
OR
CHEESE QUESADILLA
SERVED WITH TATER TOTS

19
HEARTY 3 BEAN CHILI SERVER
WITH WG TORTILLA CHIPS
OR
OVEN BAKED POTATO SERVED
WITH CHILI AND SHREDDED
CHEDDAR CHEESE

20
KOREAN BBQ, TURKEY
PEPPERONI, CHEESE PIZZA
OR
HEARTY GARDEN SALAD W/ WG
ROLL
*PIZZA SERVED ON WG CRUST

21
HEARTY CHICKEN POSOLE W/WG
TORTILLA CHIPS
OR
CHARCUTERIE BOX

22
ALL AMERICAN FLAME GRILLED
BEEF BURGER, CHEESEBURGER
OR
VEGETARIAN BURGER
SERVED W/ OVEN BAKED
FRENCH FRIES



26
HOUSE MADE ENCHALADAS
WITH BEANS
OR
HOUSE MADE CHEESE
ENCHALADA
WITH BEANS

27
HAWIIAN, TURKEY PEPPERONI,
CHEESE PIZZA
OR
HEARTY GARDEN SALAD W/ WG
ROLL
*PIZZA SERVED ON WG CRUST

28
OVEN BAKED CORNDOG
WITH WAFFLE FRIES
OR
CHEESE QUESADILLA WITH
WAFFLE FREIS
ALL SERVED WITH A SURPRISE

29
LAST DAY OF SCHOOL
HAPPY SUMMER

SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



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.liftoffsplyground.com

BREAKFAST

Breakfast

MONDAY: ASSORTED WHOLE GRAIN BAGEL WITH CREAM CHEESE SPREAD
OR
BREAKFAST BAGEL SANDWICH

TUESDAY:
HOMEMADE OVEN BAKED BLUEBERRY GERMAN PANCAKE OR BREAKFAST MUFFIN

WEDNESDAY: HOMEMADE WHOLE GRAIN FRENCH TOAST WITH
CARMELIZED APPLES

OR

FRESH BAKED HOUSEMADE MUFFIN

FRIDAY:
HOMEMADE ORGANIC STRAUS YOGURT FRESH FRUIT SMOOTHIES

GLUTEN FREE NATURE'S PATH ORGANIC CEREAL WITH GLUTEN FREE GRAHAM CRACKERS ARE SERVED DAILY. WE OFFER A VARIETY OF MILK AND FRUIT TO COMPLETE YOUR BREAKFAST MEAL.

Fresh Pick Recipe

STRAWBERRY BANANA
SANDWICHES
(SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber



Please look for these icons in your cafeteria.

sodexo