

### MONDAY

Breakfast Prices:  
Full Paid: \$1.75  
Reduced: \$.40  
Milk: \$.50  
Lunch Prices:  
Full Paid: \$2.85  
Reduced: \$.40  
Milk: \$.50

### TUESDAY

1

Chicken in Basket w/Biscuit  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Tator Tots  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

### WEDNESDAY

2

Macaroni & Cheese w/Breadstick  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Sauteed Spinach  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

### THURSDAY

3

Popcorn Chicken Stir Fry  
w/Brown Rice  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Chinese Style Vegetables  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

### FRIDAY

4

Cheese Pizza  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Celery Sticks w/Hummus  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

7

French Toast Sticks  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Deli Bento Box  
Cinnamon Sweet Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

8

Hotdog on a Bun (Beef)  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Deli Bento Box  
Waffle French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

9

Chicken Patty Sandwich  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Deli Bento Box  
Broccoli Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

10

Walking Nachos (Turkey)  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Deli Bento Box  
Baked Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

11

Cheese Pizza Slice  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Deli Bento Box  
Cucumber Slices  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

Menu subject to change.

14

Maple Pancakes  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Cross Trax Sweet Potatoes  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

15

Crispy Chicken Bowl w/Roll  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Mashed Potatoes  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

16

Baked Ziti w/Breadstick  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Roasted Vegetables  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

17

Jumbo Popcorn Chicken  
w/Roll & Dipping Sauces  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Vegetarian Refried Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

18

Cheese Pizza Slice  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Yogurt Bag  
Steamed Green Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

Peanut Butter & Jelly available

21

Mozzarella Sticks w/Marinara  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Deli Bento Box  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

22

Chicken Tenders w/Breadstick  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Deli Bento Box  
Smile Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

23

Pasta Bar w/Sauce & Roll  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Deli Bento Box  
Steamed Broccoli  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

24

Grilled Cheese  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Deli Bento Box  
Three Bean Salad  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

25

Cheese Pizza Slice  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Deli Bento Box  
Green Pepper Strips  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

Check out our new APP called SO HAPPY



29

Poppin Popcorn Chicken w/Roll  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Crazy Cheese Bento Box  
Baked French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

30

Hamburger or Cheeseburger  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Crazy Cheese Bento Box  
Smile Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

31

Beef & Cheese Nachos  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Yogurt Boat  
Crazy Cheese Bento Box  
Vegetarian Refried Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup





## Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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](http://liftoffsplayground.com)

### BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Variety of Reduced Fat Milk

#### MONDAY:

Whole Grain Cereal and Graham Crackers

#### TUESDAY:

Hot Mini Maple Pancakes

#### WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

#### THURSDAY:

Hot Mini Berry Waffles

#### FRIDAY:

Whole Grain Muffin and Graham Crackers

### Fresh Pick Recipe

#### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



Happy MAY 2018... Comments or concerns with the Breakfast or Lunch Program please do not hesitate to call Jacqueline Wagner-Sodexo at 732-531-5630 ext. 7091

or at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com)

To add money to your child's lunch account go to: [www.schoolcafe.com](http://www.schoolcafe.com)

SODEXO added a new APP called SO HAPPY- you can view the menu's as well as the allergens and nutritional on each menu item.