

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
Hot Dog on a Bun (Beef)
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
Chicken Patty Sandwich
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
Grilled Cheese
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 or Pepperoni Pizza
(Pork Pepperoni)
Fish Sticks
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
Hamburger or Cheeseburger
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
Cinnamon Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

8

Chicken Nuggets w/Breadstick
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

Pasta w/Meatballs (Beef)
& Breadstick
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)
Grilled Cheese
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Deli Bento Box
Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

11

Cheese or Pepperoni
(Pork Pepperoni)
Fish Sticks
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

Cheese or Chicken Quesadilla
Hamburger or Cheeseburger
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
Hot Dog on a Bun (Beef)
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

16

Baked Ziti w/Breadstick
Chicken Patty Sandwich
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
Grilled Cheese
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Vegetarian Refried Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

18

Cheese or Pepperoni Pizza
(Pork Pepperoni)
Fish Sticks
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
Hamburger or Cheeseburger
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
Hotdog on a Bun (Beef)
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/Breadstick
Chicken Patty Sandwich
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Deli Bento Box
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

24

Chicken & Waffles
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 or Pepperoni Pizza
(Pepperoni Pork)
Fish Sticks
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
Hotdog on a Bun (Beef)
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
Chicken Patty Sandwich
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
Grilled Cheese
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

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

To add money to your child's lunch account go to: 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.