

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Prices:

Full Paid: \$1.75
Reduced: \$.40
Milk: \$.50

Lunch Prices:

Full Paid: \$2.85
Reduced: \$.40
Milk: \$.50

Old Fashioned Mac & Cheese
with Dinner Roll
Chicken Patty Sandwich
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Broccoli

Twin Tacos
with Cheese, Lettuce & Tomato
Grilled Cheese
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Spanish Black Beans

Cheese Pizza Slice
Fish Sticks
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Steamed Green Beans

Peanut Butter & Jelly offered daily

6

French Toast Sticks
Cheeseburger or Hamburger
Tuna Salad Sub
Crispy Chicken Caesar Salad
with Dinner Roll
Cheese & Pretzel Goldfish Boat
Sweet Potato Fries

7

Chicken Nuggets
with Dinner Roll
Hot Dog (Beef) on a Bun
Tuna Salad Sub
Crispy Chicken Caesar Salad
with Dinner Roll
Cheese & Pretzel Goldfish Boat
Smile Fries

8

Mozzarella Sticks
with Marinara Sauce
Chicken Patty Sandwich
Tuna Salad Sub
Crispy Chicken Caesar Salad
with Dinner Roll
Cheese & Pretzel Goldfish Boat
Broccoli Dippers

9

Boneless Chicken Bites
with Soft Pretzel Stick
Grilled Cheese
Tuna Salad Sub
Crispy Chicken Caesar Salad
with Dinner Roll
Cheese & Pretzel Goldfish Boat
Homestyle Baked Beans

10

Big Daddy's Pizza
Cheese or Pepperoni
Fish Sticks
Tuna Salad Sub
Crispy Chicken Caesar Salad
with Dinner Roll
Cheese & Pretzel Goldfish Boat
Cucumber Coins

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

13

Berry Waffles and Syrup
Cheeseburger or Hamburger
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Smile Fries

14

Crispy Chicken Tenders
with Dinner Roll
Hot Diggity Dog
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Mashed Potatoes

15

Homemade Baked Ziti
with Garlic Breadstick
Chicken Patty Sandwich
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Sautéed Spinach

16

Chicken & Cheese Taquitos
Grilled Cheese
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Vegetarian Refried Beans

17

Mini Personal Pizza
Fish Sticks
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Seasoned Green Beans

All Nutritionals are on the SO HAPPY APP

20

Fluffy Pancakes with Sausage
Cheeseburger or Hamburger
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Cinnamon Sweet Potatoes

21

Roasted Chicken with a Biscuit
Hotdog (Beef) on a Bun
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Tater Tots

22

Sweet & Sour Chinese Take-Out
with Brown Rice
Chicken Patty Sandwich
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Steamed Broccoli

23

Meatball Hoagies
Grilled Cheese
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
String Beans

24

Big Daddy Pizza
Cheese or Pepperoni
Fish Sticks
Italian Sub
Grilled Chicken Salad with Roll
Pretzel Boat
Cucumber Coins



28

Poppin' Popcorn Chicken
with Dinner Roll
Hot Dog (Beef) on a Bun
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Baked French Fries

29

Rotini Pasta with Italian Meatsauce
and Garlic Breadstick
Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sautéed Spinach

30

Big Daddy Cheese Pizza Slice
Grilled Cheese
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Vegetarian Refried Beans

31

School Closed
In-service for Teachers

Menu Subject to Change

This institution is an equal opportunity provider.

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 Reduced Fat Milk

MONDAY:

Whole Grain Cereal and Graham Crackers

TUESDAY:

Hot Mini Maple Pancakes

WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

THURSDAY:

Eggo Waffles

FRIDAY: Whole Grain Muffin and Graham Crackers

Fresh Pick Recipe

PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.



Happy May! Any concerns and comments please call the Café Office at

732-531-5630 ext 7090 or Jacqueline.wagner@sodexo.com

Nutrition Information is available upon request.