

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Meatball Hoagies
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Citrus Glazed Carrots

4

Roasted Chicken in Basket
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Waffle Fries

5

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

6

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

7

Cheese Pizza Slice
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Tossed Green Salad

10

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

11

Hotdog on a Bun
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Corn on the Cob

12

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

13

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

14

Cheese Pizza Slice
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Tossed Green Salad

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

17

Pancakes and Bacon
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Sweet Fries

18

Crispy Pop Corn Chicken
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Smile Fries

19

Chicken Patty Sandwich
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Sauteed Spinach

20

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

21

Cheese Pizza Slice
Turkey Club Sandwich
Chef Salad with Dinner Roll
Cereal Bag
Tossed Green Salad

All Nutritionals are on the SO HAPPY APP

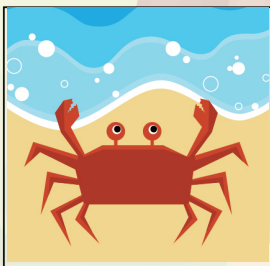
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Breakfast Prices:
Full Paid: \$1.75
Reduced: \$.40
Milk: \$.50

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

Have a Great Summer
It was a pleasure serving you!



Menu Subject to Change

This institution is an equal opportunity provider.

Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



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 June! 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.