

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

- 1 - Turkey & Cheese Wrap
- 2 - Meatball Sub
- 3 - Beef & Cheese Nachos
- 4 - Chef Salad w/Roll

**Beef & Cheese Nachos

B

4

- 1- Pepperoni Kydz-able
- 2 - Mini Corndogs
- 3 - French Toast Sticks & Sausage
- 4 - Just Peachy Parfait

**Turkey & Cheese Sub

C

5

- 1 - Italian Wrap*
- 2 - Chicken Nuggets
- 3 - Goulash
- 4 - Popcorn Chicken Salad

**GF Chicken Nuggets

D

6

- 1 - Chicken Popper Kydz-able
- 2 - Pepperoni Pizza
- 3 - Cheese Quesadilla
- 4 - Chunky Monkey Parfait w/Muffin

**Pepperoni Pizza

E

7

- 1 - Pepperoni & Cheese Sub*
- 2 - Pizza Sticks
- 3 - Pig in a Blanket
- 4 - Chicken Taco Salad

**Cheese Quesadilla

A

10

- 1 - Turkey Kydz-able
- 2 - Beef Soft Tacos
- 3 - Cheeseburger or Hamburger
- 4 - Chicken Caesar Salad w/Roll

**Cheeseburger

B

11

- 1 - Turkey & Cheese Sub
- 2 - Mini Corndogs
- 3 - Pancakes & Cheese Omelet
- 4 - Fruit Plate w/Muffin

**Fruit Plate w/Muffin

C

12

- 1 - Pepperoni Kydz-able
- 2 - Chicken Nuggets
- 3 - Grilled Cheese & Tomato Soup
- 4 - Buffalo Chicken Salad w/Roll

**GF Chicken Nuggets

D

13

- 1 - Ham & Cheese Wrap*
- 2 - Cheese Pizza
- 3 - Chicken Fried Steak, Potatoes & Gravy
- 4 - Double Berry Parfait

**Cheese Pizza

E



17

- 1 - Pepperoni & Cheese Sub*
- 2 - Meatball Sub
- 3 - Beef & Cheese Nachos
- 4 - Strawberry Fields Parfait

**Beef & Cheese Nachos

A

18

- 1 - Pizza Kydz-able
- 2 - Corn Dog
- 3 - French Toast Sticks & Sausage*
- 4 - Popcorn Chicken Salad w/Roll

**Turkey & Cheese Sub

B

19

- 1 - Italian Sub*
- 2 - Chicken Nuggets
- 3 - Chicken Fajita Quesadilla
- 4 - Just Peachy Parfait

**GF Chicken Nuggets

C

20

- 1 - Chicken Popper Kydz-able
- 2 - Pepperoni Pizza
- 3 - Chicken Gravy w/Mashed Potatoes
- 4 - BBQ Chicken Salad w/Roll

**Pepperoni Pizza

D

21

- 1 - Turkey & Cheddar Sandwich
- 2 - Chicken Patty Sandwich
- 3 - Pig in a Blanket
- 4 - Chicken Taco Salad

**Cheese Quesadilla

E

24

- 1 - Turkey Kydz-able
- 2 - Cheeseburger
- 3 - Chicken Soft Tacos
- 4 - Chicken Caesar Salad w/Roll

**Cheeseburger

A

25

- 1 - Turkey & Cheese Sub
- 2 - Pancakes & Cheese Omelet
- 3 - Spaghetti & Meat Sauce
- 4 - Fruit Plate w/Muffin

**Fruit Plate w/Muffin

B

26

- 1 - Pepperoni Kydz-able
- 2 - Chicken Nuggets
- 3 - Mac & Cheese w/Garlic Toast
- 4 - Buffalo Chicken Salad w/Roll

**GF Chicken Nuggets

C

27

- 1 - Ham & Cheese Wrap*
- 2 - Cheese Pizza
- 3 - Sweet & Sour Chicken
- 4 - Popcorn Chicken Salad w/Roll

**Cheese Pizza

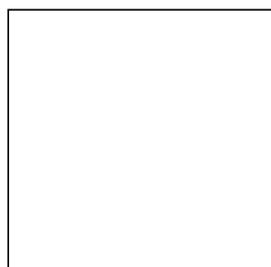
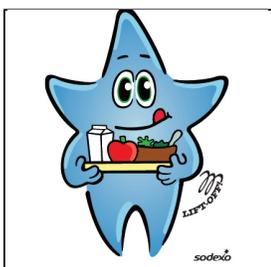
D

28

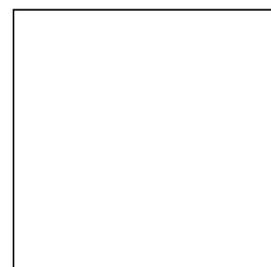
- 1 - Ham Kydz-able*
- 2 - Chicken Fried Steak, Potatoes & Gravy
- 3 - Chicken & Queso Nachos
- 4 - Banana Split Parfait

**Banana Split Parfait

E



****Gluten Free Option (listed at the bottom of each day)**



Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

1. **Food:** Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
2. **Water:** Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.

3. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International.
<http://www.bgci.org/plantconservationday/index/>



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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Mini French Toast 2 - Assorted Cereal & Toast	1 - Bacon, Egg & Cheese Croissant* 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Assorted Cereal	1 - Ham & Egg English Muffin* 2 - Assorted Yogurt & Graham Crackers 3 - Assorted Cereal	1 - Dutch Waffle 2 - Assorted Cereal
1 - Mini Donuts 2 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Purple Daze Smoothie w/Muffin 3 - Assorted Cereal	1 - Breakfast Pizza - Bacon* 2 - Chunky Monkey Parfait 3 - Assorted Cereal	1 - Oatmeal Round 2 - Assorted Cereal	No School
1 - Bacon, Egg & Cheese Croissant* 2 - Assorted Cereal	1 - Egg & Cheese English Muffin 2 - Glazed Donut 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Assorted Cereal	1 - Sausage Pancake Sandwich* 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage, Egg & Cheese Biscuit 2 - Assorted Cereal
1 - Ham & Egg Bagel* 2 - Assorted Cereal	1 - Egg & Cheese Biscuit 2 - Apple Pie Parfait 3 - Assorted Cereal	1 - Breakfast Pizza - Bacon* 2 - Assorted Cereal	1 - Sausage & Cheese English Muffin* 2 - Purple Daze Smoothie w/Muffin 3 - Assorted Cereal	1 - Mini Donuts 2 - Assorted Cereal

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

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