

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

- 1 - Turkey & Cheese Wrap
- 2 - Beef & Cheese Nachos
- 3 - Chicken Patty Sandwich
- 4 - Chef Salad w/Roll

\*\*Beef & Cheese Nachos

A

**2**

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

\*\*Turkey & Cheese Sub

B

**3**

- 1 - Italian Wrap\*
- 2 - Chicken Nuggets
- 3 - Meatball Sub
- 4 - Popcorn Chicken Salad

\*\*GF Chicken Nuggets

C

**4**

- 1 - Chicken Popper Kydz-able
- 2 - Pepperoni Pizza
- 3 - Pigs in a Blanket
- 4 - Chunky Monkey Parfait w/Muffin

\*\*Ham & Cheese Wrap

D

**5**

- 1 - Pepperoni & Cheese Sub\*
- 2 - Pizza Sticks
- 3 - Chicken Fajita Quesadilla
- 4 - Chicken Taco Salad

\*\*Cheese Quesadilla

E

**8**

- 1 - Turkey Kydz-able
- 2 - Cheeseburger or Hamburger
- 3 - Sweet & Sour Chicken w/Rice
- 4 - Chicken Caesar Salad w/Roll

\*\*Cheeseburger

A

**9**

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

\*\*Fruit Plate w/Muffin

B

**10**

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

\*\*GF Chicken Nuggets

C

**11**

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

\*\*Cheese Pizza

D

**12**

- 1 - Pepperoni & Cheese Sub\*
- 2 - Pizza Sticks w/Marinara
- 3 - BBQ Turkey Sandwich
- 4 - Banana Split Parfait

\*\*Banana Split Parfait w/GF Granola

E

**15**

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

\*\*Beef & Cheese Nachos

A

**16**

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

\*\*Turkey & Cheese Sub

B

**17**

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

\*\*GF Chicken Nuggets

C

**18**

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

\*\*Pepperoni Pizza

D

**19**

- 1 - Turkey & Cheddar Sandwich
- 2 - Chicken Patty Sandwich
- 3 - BBQ Riblet Sandwich\*
- 4 - Chicken Taco Salad

\*\*Cheese Quesadilla

E

**22**

- 1 - Pepperoni & Cheese Sub\*
- 2 - Cheeseburger or Hamburger
- 3 - Chicken Soft Tacos
- 4 - Chicken Caesar Salad w/Roll

\*\*Cheeseburger

A

**23**

- 1 - Cheese Pizza Kydz-able
- 2 - Pancakes & Cheese Omelet
- 3 - BBQ Turkey Sandwich
- 4 - Fruit Plate w/Muffin

\*\*Fruit Plate w/Muffin

B

**24**

- 1 - Italian Sub\*
- 2 - Chicken Nuggets
- 3 - Pizza Sticks w/Marinara
- 4 - Buffalo Chicken Salad w/Roll

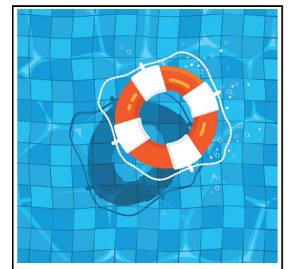
\*\*GF Chicken Nuggets

E

**25**

Early Dismissal - No Lunch Served

B



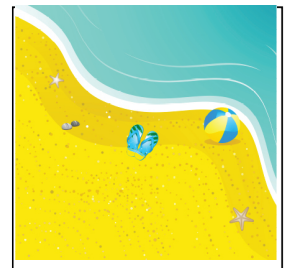
**30**

Summer Break

**31**

Summer Break

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



## 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.

liffosplayground.com

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Mini French Toast 2 - Assorted Cereal & Toast	1 - Bacon, Egg & Cheese Croissant* 2 - Glazed Donut 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	1 - Mini Bagels 2 - Assorted Cereal
1 - Sausage Pancake Sandwich* 2 - Assorted Cereal	1 - Egg & Cheese English Muffin 2 - Glazed Donut 3 - Assorted Cereal	1 - Sausage Breakfast Pizza* 2 - Assorted Cereal	1 - Bacon, Egg & Cheese Croissant* 2 - Assorted Yogurt 3 - Assorted Cereal	1 - Sausage & Cheese English Muffin 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 - Mini Donuts 2 - Assorted Cereal	1 - Mini Donuts 2 - Assorted Cereal

### Fresh Pick Recipe

#### SWEET SUMMER CORN SUCCOTASH (SERVES 4)

- 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
- 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
- 1 1/8 tsp basil (chopped)
- 1 1/8 tsp parsley (chopped)
- 1 3/4 tsp canola/olive oil blend
- 3/4 cup and 1/2 Tbsp corn kernels without salt
- 1/3 and 1 Tbsp frozen green peas without salt
- 1/3 cup and 1 Tbsp lima beans without salt
- 1/4 cup and 1 tsp low fat milk
- 2 3/8 tsp water
- 3/4 tsp cornstarch
- Black pepper

1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. Pour oil into a sauce pan and tilt the skillet to heat the oil. Add onion and peppers and saute until tender, about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and comstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk comstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

**NUTRITION FACTS:**  
92 calories, 2.59g fat,  
23mg sodium, 2.84g fiber

### Non-discrimination Statement

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