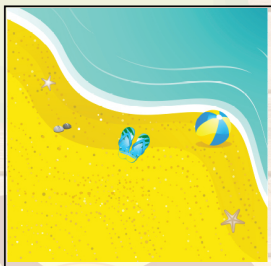


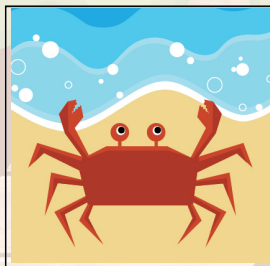
MONDAY



TUESDAY

Breakfast Prices:
Full Paid: \$1.75
Reduced: \$.30
Lunch Prices:
Full Paid: \$2.85
Reduced: \$.40
Milk: \$.50

WEDNESDAY



THURSDAY

FRIDAY

1

Teacher In Service
No School for Students

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

4

Maple Pancakes
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Sweet Potato Crinkle Cut Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

5

Hotdog on a Bun
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Tator Tots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

6

Beef A Roni w/roll
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Sauteed Spinach
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

7

Popcorn Chicken
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
BBQ Baked Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

8

Cheese Pizza
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Celery Sticks w/Hummus
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

11

Hamburger or Cheeseburger
Turkey & Cheese Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Cinnamon Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

12

Chicken Nuggets w/roll
Turkey & Cheese Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Waffle French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

13

Pasta & Meatballs w/roll
Turkey & Cheese Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Broccoli Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

14

Walking Turkey Nachos
Turkey & Cheese Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15

Big Daddy Pizza
Turkey & Cheese Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Cucumber Slices
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

18

Chicken Quesadilla
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Bag
Cross Trax Sweet Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

19

Crispy Chicken Bowl w/roll
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Bag
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

20

Chicken Patty Sandwich
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Bag
Roasted Vegetables
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

21

Jumbo Popcorn Chicken w/roll
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Bag
Vegetarian Baked Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

22

Cheese Pizza Slice
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Bag
Steamed Green Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Check out our new APP called SO HAPPY

25

Hamburger or Cheeseburger
Italian Hoagie
Garden Salad w/Cheese
Yogurt Bag
Sweet Tots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

26

Chicken Nuggets w/roll
Italian Hoagie
Garden Salad w/Cheese
Yogurt Bag
Smile Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

27

28

Have a Great Summer!
See you in September



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.

liftoffstplayground.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

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon cantaloupe mixture onto the lettuce. Garnish with mint or parsley.



Happy June 2018... comments, questions or concerns with the Breakfast and/or Lunch Program do not hesitate to call Jacqueline Wagner-

Sodexo at 732-531-5630 ext. 7091 or at jacqueline.wagner@sodexo.com