

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Hamburger or Cheeseburger
Egg & Cheese Bagel Sandwich
Turkey & Cheese Sub
Garden Salad with cheese & roll
Yogurt Bag
Sweet Potato Wedges

4

Poppin' Popcorn Chicken
Hotdog on a Bun
Turkey & Cheese Sub
Garden Salad with cheese & roll
Yogurt Bag
Baked French Fries

5

Rotini Pasta with Meatsauce
& garlic breadstick
Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad with cheese & roll
Yogurt Bag
Sauteed Spinach

6

Nachos Supreme
with Cheese & Salsa
Grilled Cheese
Turkey & Cheese Sub
Garden Salad with cheese & roll
Yogurt Bag
Vegetarian Beans

7

Cheese Pizza
Fish Sticks
Turkey & Cheese Sub
Garden Salad with cheese & roll
Yogurt Bag
Cucumber Coins

Peanut Butter and Jelly available

10

Hamburger or Cheeseburger
Mozzarella Sticks
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Egg & Muffin Bento Box
Honey Glazed Carrots

11

Hot Dog Bar Creation Station
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Egg & Muffin Bento Box
Waffle Fries

12

Old Fashioned Mac & Cheese
with dinner roll
Chicken Patty Sandwich
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Egg & Muffin Bento Box
Steamed Broccoli

13

Twin Tacos with Rice & Cheese
Grilled Cheese
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Egg & Muffin Bento Box
Southwest Black Beans

14

Mini Personal Pizza
Fish Sticks
Ham & Cheese Sub
Turkey Club Salad with Roll
Bagel Bag
Egg & Muffin Bento Box
Steamed Green Beans

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

17

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

18

Pepperoni Pizza Pocket
Hotdog on a Bun
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Smile Fries

19

Chicken Patty Sandwich
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Broccoli Dippers

20

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

21

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

24

WINTER BREAK

25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK



Winter Break

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



Menu Subject to Change

This institution is an equal opportunity provider.

Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



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 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

LEMONY RICE WITH RAISINS

- 1 tablespoon olive oil
- 1/2 cup onion, small dice
- 1/4 cup celery, medium dice
- 2 cups rice (basmati or aromatic rice preferred)
- 4 cups chicken broth
- 1 tablespoon lemon juice
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- salt and pepper to taste
- 3/4 cup raisins
- 2 tablespoons fresh parsley

1. Prepare ingredients as directed.
2. In medium pan, sauté the onion and celery in the olive oil for 2 minutes.
3. Add remaining ingredients except for the raisins.
4. Bring rice to a boil, cover and reduce heat to low for 20 minutes.
5. When rice is done cooking, fluff the rice with a fork and stir in the raisins.
6. Sprinkle the rice with parsley and serve.



**Happy December! Any concerns and comments please call the Café Office at 732-531-5630 ext 7090 or Jacqueline.wagner@sodexo.com
To add money to your child's lunch account go to www.schoolcafe.com**

Nutrition Information is available upon request.

