

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SERVED DAILY:
Cheese Sandwich on Wheat Bread

10/1
MAY SELECT ONE:
1) Wheat French Toast Sticks with Egg Patty and Syrup
2) Turkey and Cheese with Lettuce and Tomato on Wheat Bulkie Roll
3) Chef Salad with Wheat Breadstick
MUST SELECT ONE:
Fresh Zucchini Coins, Grape Tomatoes, Fresh Orange Smiles, Peach Cup, Chocolate Pudding

10/2
MAY SELECT ONE:
1) Cheesy Italian Dunkers with Marinara Sauce
2) Sunbutter and Jelly
3) Chef Salad with Wheat Breadstick
MUST SELECT ONE:
Fresh Broccoli, Grape Tomatoes, Fresh Orange Smiles, Peach Cup

10/3
MAY SELECT ONE:
1) Pasta and Meat Sauce
2) Fun on the Run (Hot Pretzel, String Cheese, Apple)
3) Chef Salad with Wheat Breadstick
MUST SELECT ONE:
Fresh Broccoli, Grape Tomatoes, Fresh Orange Smiles, Peach Cup

10/4
MAY SELECT ONE:
1) Whole Grain Cheese Pizza
2) Whole Grain Pepperoni Pizza
3) Chef Salad with Wheat Breadstick
MUST SELECT ONE:
Baked Beans, Fresh Broccoli, Fresh Orange Smiles, Peach Cup

10/7
MAY SELECT ONE:
1) Meatball Sub
2) Rib B Q on Wheat Bulkie Roll
3) Chicken Caesar Salad with Wheat Breadstick
MUST SELECT ONE:
Cucumber Coins, Carrots, Fresh Apple, Strawberry Cup

10/8
MAY SELECT ONE:
1) Chicken Soft Taco with Shredded Cheese and Salsa
2) Sunbutter and Jelly on Wheat Bread
3) Chicken Caesar Salad with Wheat Breadstick
MUST SELECT ONE:
Spinach with Honey Mustard Dressing, Cucumber Coins, Apple, Strawberries

10/9
MAY SELECT ONE:
1) Chicken Nuggets with Rice
2) Italian Wrap
3) Chicken Caesar Salad with Wheat Breadstick
MUST SELECT ONE:
Three Bean Salad, Spinach with Honey Mustard Dressing, Fresh Apple, Strawberry cup

10/10
MAY SELECT ONE:
1) Beef Chili with Corn Muffin
2) Hot Ham and Cheese Sandwich
3) Chicken Caesar Salad with Wheat Breadstick
MUST SELECT ONE:
Three Bean Salad, Carrots, Fresh Apple, Strawberry Cup

10/11
MAY SELECT ONE:
1) Whole Grain Cheese Pizza
2) Whole Grain Chicken and Bacon Pizza
3) Chicken Caesar Salad with Wheat Breadstick
MUST SELECT ONE:
Three Bean Salad, Corn, Fresh Apple, Strawberry Cup

10/14
Holiday
No School
National School Lunch Week
Lucky Tray Week

10/15
MAY SELECT ONE:
1) Chicken Patty Sandwich
2) Chicken Caesar Wrap
3) Asian Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Fresh Broccoli, Grape Tomatoes, Fresh Orange Smiles, Mixed Fruit Cup

10/16
MAY SELECT ONE:
1) Beef Nachos with Cheese Sauce and Salsa
2) Buffalo Chicken Wrap
3) Asian Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Fresh Broccoli, Grape Tomatoes, Fresh Orange Smiles, Mixed Fruit Cup

10/17
MAY SELECT ONE:
1) Mac and Cheese with Dinner Roll
2) Mini Corndogs
3) Asian Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Grape tomatoes, Green Pepper Strips, Fresh Orange Smiles, Mixed Fruit Cup, Chocolate Pudding

10/18
MAY SELECT ONE:
1) Whole Grain Cheese Pizza
2) Whole Grain Pepperoni Pizza
3) Asian Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Tex Mex Garbanzo Beans, Green Pepper Strips, Fresh Orange Smiles, Mixed Fruit Cup

10/21
MAY SELECT ONE:
1) Hot Dog
2) Egg Salad Sandwich on Wheat Torpedo
3) Minnie Mouse Salad with Wheat Breadstick
MUST SELECT ONE:
Salad Mix, Baked Beans, Orange Smiles, Peach Cup

10/22
MAY SELECT ONE:
1) Chicken Nuggets with Pasta Salad
2) Turkey BLT Wrap
3) Minnie Mouse Salad with Wheat Breadstick
MUST SELECT ONE:
Salad Mix, Celery Sticks, Fresh Banana, Peach Cup

10/23
MAY SELECT ONE:
1) Wheat French Toast Sticks with Egg Patty and Syrup
2) Ham and Cheese Wrap with Lettuce and Tomato
3) Minnie Mouse Salad with Wheat Breadstick
MUST SELECT ONE:
Carrots, Celery Sticks, Fresh Banana, Peach Cup

10/24
MAY SELECT ONE:
1) Turkey and Gravy with Dinner Roll
2) Steak and Cheese on Wheat Torpedo
3) Minnie Mouse Salad with Wheat Breadstick
MUST SELECT ONE:
Carrots, Mashed Potatoes, Fresh Banana, Peach Cup

10/25
MAY SELECT ONE:
1) Whole Grain Cheese Pizza
2) Whole Grain Hawaiian Pizza
3) Minnie Mouse Salad with Wheat Breadstick
MUST SELECT ONE:
Celery Sticks, Carrots, Fresh Banana, Peach Cup

10/28
MAY SELECT ONE:
1) Cheeseburger
2) Sunbutter and Jelly on Wheat Bread
3) Buffalo Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Three Bean Salad, Green Peas, Fresh Apple, Strawberry Cup

10/29
MAY SELECT ONE:
1) General Tso Chicken with Brown Rice
2) Fish Sandwich on Wheat Bulkie
3) Buffalo Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Three Bean Salad, Fresh Broccoli, Fresh Apple, Strawberry Cup

10/30
MAY SELECT ONE:
1) Beef Soft Taco with Shredded Cheese and Salsa
2) American Wrap
3) Buffalo Chicken Salad with Wheat Breadstick
MUST SELECT ONE:
Three Bean Salad, Fresh Broccoli, Fresh Apple, Strawberry Cup

10/31
MAY SELECT ONE:
1) Chicken Pot Pie with Biscuit
2) Fun on the Run (Hot Pretzel, Yogurt, Juice)
3) Buffalo Chicken Salad with wheat Breadstick
MUST SELECT ONE:
Fresh Broccoli, Zucchini Coins, Fresh Apple, Strawberry Cup

10/31
MAY SELECT ONE:
1) Chicken Pot Pie with Biscuit
2) Fun on the Run (Hot Pretzel, Yogurt, Juice)
3) Buffalo Chicken Salad with wheat Breadstick
MUST SELECT ONE:
Fresh Broccoli, Zucchini Coins, Fresh Apple, Strawberry Cup

ENTRANCE NUTRITIONALS
to your district's picture from
Saturated Fat: 0.55g (7.7%)
Sodium: 998mg

WEEK TWO NUTRITIONALS:
Calories: 626
Saturated Fat: 4.69g (6.7%)
Sodium: 1136mg

WEEK THREE NUTRITIONALS:
Calories: 647
Saturated Fat: 4.77g (6.6%)
Sodium: 1165 mg

WEEK FOUR NUTRITIONALS:
Calories: 610
Saturated Fat: 4.96g (7.3%)
Sodium: 1124mg

WEEK FIVE NUTRITIONALS:
Calories: 644
Saturated Fat: 5.6 (7.8%)
Sodium: 1272mg

Is Snacking Allowed?

The answer is, "that depends". Snacking can be a part of a very healthy diet and it can be essential too. The average meal takes about 4 to 5 hours to digest, so if more than 5 hours will pass between meals, then planning a sensible snack makes sense to hold you over until your next meal. For some people they prefer to eat smaller meals more often. In this case, they may need snacks to satisfy their appetite from one meal to another. The challenge with snacking is when it is mindless and excessive. Americans in general have a bad habit of mindless eating, which essentially means that we eat because it's fun, it's social, we're bored, we're distracted, and the list goes on. It's important to plan for snacks so that we don't overeat, make sure students are not indulging in snacks that are laden with hidden fats and sugars and promote

snacks and beverages that will maximize their performance. For school foodservice this means finding ways to expedite students through the lines, making healthier choices the easier choices and making sure that we are maximizing the opportunities to reduce sources of extra sugars, sodium and saturated fats in the foods offered. School foodservice promotes eating a completely balanced meal and selecting snacks that meet strict nutritional guidelines. For some students with higher than normal calorie or energy needs, snacks can provide a healthful source of extra calories. For more information on our snacks and beverages and/or the soon to be implemented "competitive food guidelines" from USDA, please contact your foodservice manager.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffisplayground.com

BREAKFAST

BREAKFAST

A Fresh or Canned fruit, or juice. **MUST** be taken with each breakfast meal.

MONDAY: Breakfast Bar Or Choice of Cereal

TUESDAY: Sausage Biscuit Or Choice of Cereal

WEDNESDAY: Yogurt w/ Bagel Half Or Choice of Cereal

THURSDAY: Muffin Or Choice of Cereal

FRIDAY: Waffles Or Choice of Cereal

Must choose a fresh or canned fruit and juice. Choose a milk. Free/Reduced applications are available in the office. Pick one up today.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1 " slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

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