

MONDAY

FOOD OF THE MONTH: PEACHES

SERVED ON:
2ND, 16TH, AND 29TH

THE PEACH BELONGS TO THE ROSE FAMILY

The nectarine and the peach are so similar that there is only one gene that separates the two from being the same.

TUESDAY

MUST SELECT ONE: 1
#1 BBQ PULLED PORK SANDWICH
#2 TURKEY CLUB SANDWICH
#3 POPPIN CHICKEN SALAD
#4 CHEESE SANDWICH

MAY SELECT UP TO THREE:
BAKED BEANS
CHILLED FRUIT
FRESH PEAR
MAY SELECT ONE: MILK

WEDNESDAY

MUST SELECT ONE: 2
#1 BEEF SOFT TACO W OR W/O LETTUCE, CHEESE AND SALSA
#2 HAM ON A WHOLE WHEAT ROLL WITH LETTUCE
#3 POPPIN CHICKEN SALAD
#4 CHEESE SANDWICH

MAY SELECT UP TO THREE:
PEACHES
CHILLED FRUIT
CORN
MAY SELECT ONE: MILK

THURSDAY

MUST SELECT ONE: 3
#1 DICED HAM WITH CORN AND MASHED POTATOES
#2 SALAMI ON A WHOLE WHEAT ROLL WITH LETTUCE
#3 POPPIN CHICKEN SALAD
#4 CHEESE SANDWICH

MAY SELECT UP TO THREE:
FRESH KIWI
CHILLED FRUIT
BABY CARROTS WITH DIP
MAY SELECT ONE: MILK

FRIDAY

MUST SELECT ONE: 4
#1 BIG DADDY CHEESE PIZZA
#2 BAGEL WITH CREAM CHEESE AND 4OZ. YOGURT
#3 POPPIN CHICKEN SALAD
#4 CHEESE SANDWICH

MAY SELECT UP TO THREE:
TOSSED SALAD WITH DRESSING
CHILLED FRUIT
APPLESAUCE
MAY SELECT ONE: MILK

Week 1: (nutrition average): Calories 667, Cholesterol 46mg, Sodium 1620mg, Fiber 10.08g, Iron 3.72mg, Calcium 507.04mg, Vitamin A 4344 IU, Vitamin C 37.17mg, Protein 30.26g, Carbohydrate 102.98g, Total Fat 16.32g, Saturated Fat 6.18g

MUST SELECT ONE: 7
#1 SWEET AND SOUR FAJITA CHICKEN WITH CONFETTI BROWN RICE AND SALSA
#2 HAM AND EGG BAGEL
#3 GARDEN SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
GLAZED CARROTS
CHILLED FRUIT
BOX OF RAISINS
MAY SELECT ONE: MILK

MUST SELECT ONE: 8
#1 CHILI W OR W/O SHREDDED CHEESE AND CORNBREAD
#2 CHICKEN BACON RANCH ON WHOLE WHEAT WRAP
#3 CHEF SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
FRESH BANANA
CHILLED FRUIT
GRAPE TOMATOES
MAY SELECT ONE: MILK

MUST SELECT ONE: 9
#1 MAC AND CHEESE WITH WHOLE WHEAT DINNER ROLL
#2 BBQ CHICKEN WRAP
#3 CHEF SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
GREEN BEANS
JELL-O WITH TOPPING
CHILLED FRUIT
MAY SELECT ONE: MILK

MUST SELECT ONE: 10
#1 BREAKFAST FOR LUNCH FRENCH TOAST AND EGG W OR W/O SYRUP
#2 BOLOGNA ON WHOLE WHEAT BULKIE WITH LETTUCE
#3 CHEF SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
FRESH PLUM
PINEAPPLE CUPS
CHILLED FRUIT
MAY SELECT ONE: MILK

MUST SELECT ONE: 11
#1 BIG DADDY CHEESE PIZZA
#2 SOFT PRETZEL AND 4OZ. YOGURT
#3 CHEF SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
CHILLED FRUIT
ROMAINE SALAD WITH CAESAR DRESSING
FRESH APPLE
MAY SELECT ONE: MILK

Week 2: (nutrition average): Calories 664, Cholesterol 68mg, Sodium 998mg, Fiber 7.52g, Iron 3.49mg, Calcium 524.18mg, Vitamin A 2126 IU, Vitamin C 21.89mg, Protein 28.41g, Carbohydrate 102.26g, Total Fat 16.64g, Saturated Fat 6.60g

MUST SELECT ONE: 14
#1 CHICKEN TENDERS WITH WHOLE WHEAT BREAD
#2 HAM AND EGG BAGEL
#3 GARDEN SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
MASHED SWEET POTATOES
CHILLED FRUIT
FRESH ORANGE SMILES
MAY SELECT ONE: MILK

MUST SELECT ONE: 15
#1 HOT DOG
#2 TURKEY ON WHOLE WHEAT BULKIE WITH LETTUCE
#3 CHICKEN CAESAR SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
MANGO CUPS
CHILLED FRUIT
BAKED BEANS
MAY SELECT ONE: MILK

MUST SELECT ONE: 16
#1 CHICKEN SOFT TACO W OR W/O LETTUCE, CHEESE AND SALSA
#2 TUNA ON WHOLE WHEAT BULKIE WITH LETTUCE
#3 CHICKEN CAESAR SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
MINI PEACH AND YOGURT PARFAIT
FRESH APPLE
CHILLED FRUIT
MAY SELECT ONE: MILK

MUST SELECT ONE: 17
#1 PASTA WITH MEAT SAUCE AND WHOLE WHEAT ROLL
#2 SUNBUTTER AND JELLY ON WHOLE WHEAT BREAD
#3 CHICKEN CAESAR SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
CARROTS
CHILLED FRUIT
FRESH PEAR
MAY SELECT ONE: MILK

MUST SELECT ONE: 18
#1 BIG DADDY CHEESE PIZZA
#2 BAGEL WITH CREAM CHEESE AND 4OZ. YOGURT
#3 CHICKEN CAESAR SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
SPINACH WITH HONEY MUSTARD DRESSING
CHILLED FRUIT
CUCUMBER SLICES WITH DIP
MAY SELECT ONE: MILK

Week 3: (nutrition average): Calories 664, Cholesterol 68mg, Sodium 1203mg, Fiber 8.08g, Iron 3.69mg, Calcium 525.19mg, Vitamin A 3089 IU, Vitamin C 23.46mg, Protein 32.10g, Carbohydrate 89.41g, Total Fat 20.35g, Saturated Fat 6.52g

MUST SELECT ONE: 21
#1 CHICKEN PATTY WITH LETTUCE
#2 HAM AND EGG BAGEL
#3 GARDEN SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
BAKED BEANS
CHILLED FRUIT
FRESH ORANGE SMILES
MAY SELECT ONE: MILK

MUST SELECT ONE: 22
#1 CHEESEBURGER
#2 CHICKEN SALAD ON WHOLE WHEAT WRAP WITH LETTUCE
#3 PEPPY PIZZA SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
GRAPES
CHILLED FRUIT
OVEN ROASTED POTATO WEDGES
MAY SELECT ONE: MILK

MUST SELECT ONE: 23
#1 TERIYAKI FAJITA CHICKEN WITH CONFETTI BROWN RICE AND SALSA
#2 BUFFALO CHICKEN WRAP
#3 PEPPY PIZZA SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
CHILLED FRUIT
CARROT RAISIN SALAD
FRESH PEAR
MAY SELECT ONE: MILK

MUST SELECT ONE: 24
#1 SHEPARD'S PIE WITH BROWN GRAVY AND WHOLE WHEAT DINNER ROLL
#2 SUNBUTTER AND JELLY ON WHOLE WHEAT BREAD
#3 PEPPY PIZZA SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
BROCCOLI WITH DIP
CHILLED FRUIT
FRESH PLUM
MAY SELECT ONE: MILK
**LUCKY TRAY DAY*

MUST SELECT ONE: 25
#1 BIG DADDY CHEESE PIZZA
#2 SOFT PRETZEL AND 4OZ. YOGURT
#3 PEPPY PIZZA SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
TOSSED SALAD WITH DRESSING
CHILLED FRUIT
FRESH APPLE
MAY SELECT ONE: MILK

Week 4: (nutrition average): Calories 667, Cholesterol 59mg, Sodium 1100mg, Fiber 10.13g, Iron 3.90mg, Calcium 486.29mg, Vitamin A 5691 IU, Vitamin C 44.07mg, Protein 31.01g, Carbohydrate 100.16g, Total Fat 16.80g, Saturated Fat 6.25g

NO SCHOOL MEMORIAL DAY 28
SODEXO SERVICES IS PROUD TO SERVE THE STUDENTS OF CRANSTON SCHOOL DISTRICT
OUR OFFICE NUMBER IS 401-270-8685
LYNNE R. CONCA
GENERAL MANAGER

MUST SELECT ONE: 29
#1 GENERAL TSO CHICKEN WITH STEAMED RICE
#2 HAM AND CHEESE ON WHOLE WHEAT SUB
#3 CHICKEN BLT SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
THREE BEAN SALAD
CHILLED FRUIT
PEACHES
MAY SELECT ONE: MILK

MUST SELECT ONE: 30
#1 BEEF NACHOS W OR W/O CHEESE SAUCE AND SALSA
#2 TUNA ON WHOLE WHEAT BULKIE WITH LETTUCE
#3 CHICKEN BLT SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
CELERY STRIPS WITH DIP
FRESH BANANA
CHILLED FRUIT
MAY SELECT ONE: MILK

MUST SELECT ONE: 31
#1 BREAKFAST FOR LUNCH MINI PANCAKE WITH SYRUP
#2 TURKEY ON WHOLE WHEAT BULKIE WITH LETTUCE
#3 CHICKEN BLT SALAD
#4 CHEESE SANDWICH
MAY SELECT UP TO THREE:
CHILLED FRUIT
HOME FRIES
STRAWBERRY CUPS
MAY SELECT ONE: MILK

LUCKY TRAY DAY
MAY 24TH
ANYONE THAT PARTICIPATES IN THE LUNCH PROGRAM IS ENTERED TO WIN A COOL PRIZE
LOOK ON THE BACK OF YOUR LUNCH TRAY TO FIND THE WINNING STICKER.
A VARIETY OF FRUIT IS SERVED ON A DAILY BASIS



Healthy Eating on the Go Game



How to Win

Be an instant winner by selecting healthy foods from all the food groups. Your prize? A strong mind and body!

How to Play

For meals on the go: select foods from all of the food groups.
For snacks on the go: select foods from at least two food groups per snack.

Food Group Pieces

• **Milk**—A nutrient-rich food full of calcium and protein to help your teeth and bones grow big and strong. Includes low-fat and non-fat milk, yogurt and cheese.

• **Protein Foods**—lean proteins such as chicken, fish, low-fat cheese, nuts and beans can help sustain blood sugar levels between meals and help build strong muscles.

• **Grains**—Select whole grain breads, brown rice and fiber-rich cereals. Wholesome grains contain plenty of B vitamins and help boost your energy for mental and physical alertness.

• **Fruits and Vegetables**—Are foods rich in vitamins, minerals and antioxidants—all nutrients that help keep your immune system strong.



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



Nutrition • Achievement • Environment • Community • Activity

Any parent/guardian that would like to check on a student account please call the Sodexo Office at 270-8685

Breakfast

DAILY MENU

MUST SELECT ONE:

(SECTION A)

MUFFIN – 1 EACH

CEREAL – 1 EACH

YOGURT AND GRAHAM CRACKER – 1 EACH

BREAKFAST BAR – 1 EACH

BAGEL W/WO CREAM CHEESE – 1 EACH

MAY SELECT UP TO TWO:

(SECTION B)

4 OZ JUICE – APPLE OR ORANGE – 1 EACH

FRESH FRUIT – 1 EACH

CHILLED FRUIT – 1 EACH

MAY SELECT ONE:

(SECTION C)

WHITE MILK – 1 EACH

CHOICES

MUFFINS:

BLUEBERRY, CORN, CHOCOLATE CHIP

CEREAL:

HONEY KIX, CHEERIOS, RICE KRISPIES,
RAISIN BRAN, CHEX, FROSTED MINI WHEATS,
CORN FLAKES, REDUCED SUGAR - TRIX,
COCOA PUFFS, AND CINNAMON
TOAST CRUNCH

YOGURT AND GRAHAM CRACKERS

BREAKFAST BAR

BAGEL W/WO CREAM CHEESE

STUDENT MINIMUM

ONE ITEM FROM SECTION A AND ONE ITEM FROM SECTION B OR C

STUDENT MAXIMUM

ONE ITEM FROM SECTION A, TWO ITEMS FROM SECTION B, AND ONE FROM SECTION C

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>

2011 Future Chef Finalist German Yogurt Fruities

Lena Barthel – Columbia, SC

Yields: 4 servings

1 banana, diced
1 nectarine, diced
1 orange, divided into segments
1 apple, diced
25 seedless grapes, halved
16 oz nonfat plain yogurt
3 TBSP sugar
Dash vanilla extract
1 cup granola

Directions: Lightly mix fruit in mixing bowl. In another bowl, mix yogurt, sugar and vanilla. In four glasses, layer yogurt then fruit. Repeat until mixtures are gone. Sprinkle tops with granola. Enjoy! For extra snacking fun, replace granola with a crunchy granola bar and use

Nutrition information for one serving:
289 calories; 2.5g total fat, 63g total carbohydrates, 4.5g dietary fiber, 6.7g protein and 118mg sodium.

LUNCH PRICES

Full Price Meal- \$2.25

Reduced Price Meal- \$.40 cents

Free Meal-No Charge

Meals and Snacks on the Go

Life is busy and eating healthy on-the-go is a challenge for many families, but there is hope. A little pre-planning and organization can help make eating-on-the-go a healthy part of your overall diet. Here are a few tips to help you and your family...

- **Make a plan** before leaving home with what, when and where you and your family will be eating. For a quick snack, try packing pre-sliced vegetables, grab-and-go fruits and trail mix with whole grain cereals, dried fruits, nuts and seeds.
- **Watch your portion sizes.** Remember a snack is not a full meal and a full meal is not a platter. Share large meals with other family members or when eating out, plan to take half your meal home for another meal.
- **Stopping at a grocery store** is another option versus the typical fast food restaurants. Look for salad bars and deli bars that allow you to customize your meals.