

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

Pancakes w/Sausage Patty  
Burger  
Turkey & Cheese Sandwich  
Crispy Chicken Salad  
Yogurt Boat  
Sweet Potato Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**2**

Popcorn Chicken w/Dinner Roll  
Hot Dog on a Bun  
Turkey & Cheese Sandwich  
Crispy Chicken Salad  
Yogurt Boat  
Mashed Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**3**

Cheese Ravioli w/Roll  
Chicken Patty Sandwich  
Turkey & Cheese Sandwich  
Crispy Chicken Salad  
Yogurt Boat  
Green Beans  
Tossed Salad  
Fresh Fruit & Fruit Cup

**4**

May the Fourth Be With You  
Galaxy Pizza  
Han Solo Grilled Cheese  
BB-8 Turkey & Cheese Sandwich  
Crispy Chewbacca Salad  
Yoda's Yogurt Boat  
Darth Vaders Tossed Salad  
R2-D2's Fresh Fruit

**5**

Cinco de Mayo  
Chicken Fajitas w/Rice  
Fish Sticks w/Tortilla Chips  
Turkey & Cheese Sandwich  
Crispy Chicken Salad  
Yogurt Boat  
Refried Beans  
Fresh Fruit & Fruit Cup

All Lunches served with choice of milk: Skim, Low Fat, & Low Fat Chocolate.

**8**

Bosco Sticks  
w/Marinara Sauce  
Cheeseburger  
Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Boat  
Slim Stix Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**9**

Chicken in a Basket  
w/Biscuit  
Hot Dog  
Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Boat  
Potato Wedges  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**10**

Baked Mac & Cheese  
w/Roll  
Chicken Patty  
Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Boat  
Steamed Broccoli  
Tossed Salad  
Fresh Fruit & Fruit Cup

**11**

Popcorn Chicken Stir Fry  
w/Brown Rice  
Cheese Quesadilla  
Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Boat  
Chinese Style Veggies  
Tossed Salad  
Fresh Fruit & Fruit Cup

**12**

Big Daddy Pizza  
Cheese or Pepperoni  
Fish Sticks  
Ham & Cheese Sandwich  
Asian Chicken Salad  
Bagel Boat  
Steamed Green Peas  
Tossed Salad  
Fresh Fruit & Fruit Cup

Menu Subject To Change.

**15**

French Toast Sticks  
w/Sausage Patty  
Hamburger  
Chicken Salad Sandwich  
Chicken Caesar Salad w/Roll  
Cereal Boat  
Lattice Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**16**

Chicken Nuggets w/roll  
Hot Dog  
Chicken Salad Sandwich  
Chicken Caesar Salad w/Roll  
Cereal Boat  
Golden Corn  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**17**

Pasta w/Meatballs & Roll  
Chicken Patty  
Chicken Salad Sandwich  
Chicken Caesar Salad w/Roll  
Cereal Boat  
Steamed Broccoli  
Tossed Salad  
Fresh Fruit & Fruit Cup

**18**

Chili in a Bread Bowl  
Grilled Cheese  
Chicken Salad Sandwich  
Chicken Caesar Salad w/Roll  
Cereal Boat  
Baked Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**19**

Cheese Pizza  
Fish Sticks  
Chicken Salad Sandwich  
Chicken Caesar Salad w/Roll  
Cereal Boat  
Baby Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**22**

Pretzel Burger  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Oven Baked Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**23**

Popcorn Chicken Bowl w/Roll  
Hot Dog  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Mashed Potatoes  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**24**

Baked Ziti w/Breadstick  
Chicken Patty Sandwich  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Steamed Broccoli  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**25**

Boneless Wings w/Roll  
Cheese Quesadilla  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Steamed Corn  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**26**

Hand Tossed Pizza  
Fish Sticks  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Steamed Green Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

**29**

Memorial Day

**30**

Chicken Tenders w/Breadstick  
Hot Dog on a Bun  
Italian Hoagie  
Antipasto Salad w/Roll  
Pretzel Boat  
Golden Corn  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**31**

Grilled Chicken Alfredo over Pasta  
Chicken Patty Sandwich  
Italian Hoagie  
Antipasto Salad w/Roll  
Pretzel Boat  
Steamed Broccoli  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

**Daily Thrive Bar**  
Monday: Baby Carrots  
Tuesday: Chilled Corn  
Wednesday: Chopped Salad  
Thursday: Chick Peas  
Friday: Celery Sticks



## 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.

[liftoffsplayground.com](http://liftoffsplayground.com)

## BREAKFAST

All Breakfast are Whole Grain Rice and Reduced Sugar  
All Breakfast come with Fruit and Variety of Reduced Fat Milk

**MONDAY:** Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Pancakes

**WEDNESDAY:** Hot Breakfast Croissant Sandwich

**THURSDAY:** Hot Mini Waffles

**FRIDAY:** Whole Grain Muffin with Graham Crackers

## Fresh Pick Recipe

### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



Outstanding lunch balances need to be paid immediately. Failure to pay may result in the holding of certain privileges including but not limited to graduation or the withholding of report cards. Please contact the cafeteria at 732-531-5630 ext. 7091. Take advantage of our online payment system [www.SchoolCafe.Com](http://www.SchoolCafe.Com)!