

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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

2

Popcorn Chicken w/Dinner Roll
Turkey & Cheese Sandwich
Crispy Chicken Salad
Yogurt Boat
Mashed Potatoes
Fresh Fruit & Fruit Cup

3

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

4

May the Fourth Be With You
Galaxy Pizza
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
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
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Slim Stix Sweet Potato Fries
Fresh Fruit & Fruit Cup

9

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

10

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

11

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

12

Big Daddy Pizza
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Carrot Sticks
Fresh Fruit & Fruit Cup

Menu Subject To Change.

15

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

16

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

17

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

18

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

19

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

22

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

23

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

24

Baked Ziti w/Roll
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Steamed Broccoli
Fresh Fruit & Fruit Cup

25

Hot Dog on a Bun
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Steamed Corn
Fresh Fruit & Fruit Cup

26

Hand Tossed Pizza
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Green Bean Salad
Fresh Fruit & Fruit Cup

29

Memorial Day

30

Chicken Tenders w/Roll
Italian Hoagie
Antipasto Salad w/Roll
Pretzel Boat
Golden Corn
Fresh Fruit & Fruit Cup

31

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

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

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!