

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Pepperoni & Cheese
Stuffed Sandwich
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Slim Stix Sweet Potato Fries
Fresh Fruit & Fruit Cup

3

Chicken in Basket w/Biscuit
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Potato Wedges
Fresh Fruit & Fruit Cup

4

Mac & Cheese w/Roll
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Green Beans
Fresh Fruit & Fruit Cup

5

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

6

Hand Tossed Pizza
Cheese or Pepperoni
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate

9

School Closed
Columbus Day

10

Chicken Nuggets w/Dinner Roll
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Waffle French Fries
Fresh Fruit & Fruit Cup

11

Pasta & Meatballs w/Dinner Roll
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Broccoli Bites
Fresh Fruit & Fruit Cup

12

Nachos Grande w/Rice
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Baked Beans
Fresh Fruit & Fruit Cup

13

Big Daddy Bold Pizza
Cheese or Pepperoni
Tuna Salad Sandwich
Crispy Chicken Caesar Salad
Cereal Boat
Cucumber Slices
Fresh Fruit & Fruit Cup

Menu subject to change

16

Cheese or Chicken Quesadilla
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Cross Trax Sweet Potato Fries
Fresh Fruit & Fruit Cup

17

Crispy Chicken Bowl w/Roll
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Mashed Potatoes w/gravy
Steamed Corn
Fresh Fruit & Fruit Cup

18

Baked Ziti w/Breadstick
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Roasted Vegetables
Fresh Fruit & Fruit Cup

19

Jumbo Popcorn Chicken w/Roll
& Dipping Sauce
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Baked Beans
Fresh Fruit & Fruit Cup

20

Hand Tossed Pizza
Cheese or Pepperoni
Chicken Caesar Wrap
Chef Salad w/Roll
Cheese & Cracker Box
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

23

Mozzarella Sticks w/Marinara Sauce
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Glazed Carrots
Fresh Fruit & Fruit Cup

24

Chicken Tenders w/Dinner Roll
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Smile Fries
Fresh Fruit & Fruit Cup

25

Pasta and Meatballs w/Roll
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Steamed Broccoli
Fresh FSaveruit & Fruit Cup

26

Chicken & Waffles
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Steamed Peas
Fresh Fruit & Fruit Cup

27

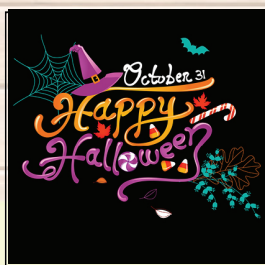
French Bread Pizza
Cheese or Pepperoni
Italian Sub
Grilled Chicken Salad w/Roll
Pretzel Boat
Baby Carrots
Fresh Fruit & Fruit Cup

30

Pancakes w/Sausage
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Crazy Cheese Cube Bento Box
Glazed Carrots
Fresh Fruit & Fruit Cup

31

Popcorn Chicken w/Roll
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Crazy Cheese Cube Bento Box
Baked Fries
Fresh Fruit & Fruit Cup



Daily Thrive Bar

Monday: Baby Carrots
Tuesday: Chilled Corn
Wednesday: Romaine or Spinach Salad
Thursday: Bean Salad & Baby Carrots
Friday: Celery Sticks



Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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 Rich and Reduced Sugar
All Breakfast come with Fruit and Variety of Reduced Fat Milk

MONDAY: Whole Grain Cereal and Graham Crackers

TUESDAY: Hot Mini Maple Pancakes

WEDNESDAY: Warm Mini Cinni's

THURSDAY: Hot Mini Berry Waffles

FRIDAY: Whole Grain Muffin with Graham Crackers

Fresh Pick Recipe

RICE WITH LEMONY CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.



Please make sure to apply for free or reduced meals at SchoolmealApp.com. If you have any questions in regards to the School Breakfast or Lunch Program do not hesitate to call Sodexo at 732-531-5630 ext 7091.

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