

MONDAY

TUESDAY

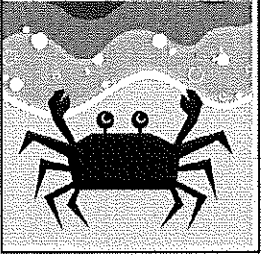
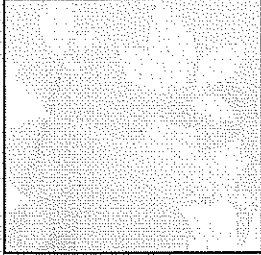
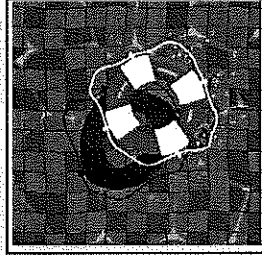
WEDNESDAY

THURSDAY

FRIDAY



All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)
Menu Subject to Change



3
Grilled Chicken Sandwich with Lettuce and Tomato
Hot Dog
Seasoned Carrot Coins

4
Pulled Pork Nachos
Hot Dog
Seasoned Corn

5
Buffalo Chicken Cheesesteak
Hot Dog
Broccoli

6
Penne Pasta with Alfredo
Hot Dog
Vegetarian Baked Beans

7
French Bread Pizza: Cheese or Pepperoni
Hot Dog
Seasoned Peas

Offered Daily 6/3-6/7: Ham and Cheese Sandwich, Peanut Butter & Jelly Sandwich

10
Cheese Quesadilla
Chicken Patty
Carrot Sticks

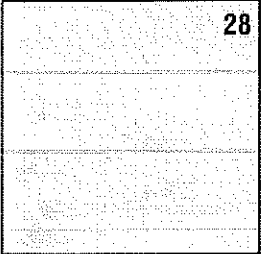
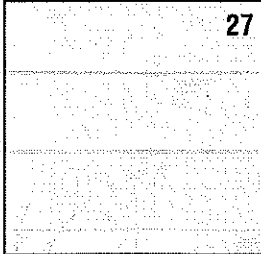
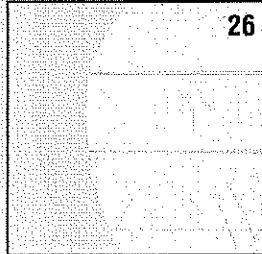
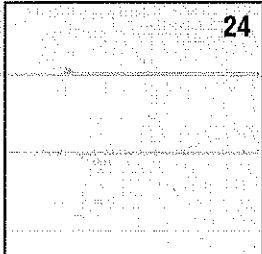
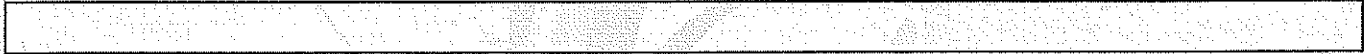
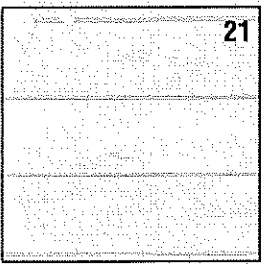
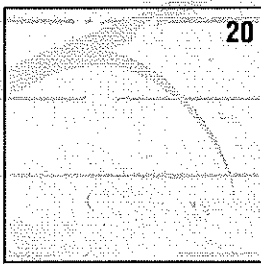
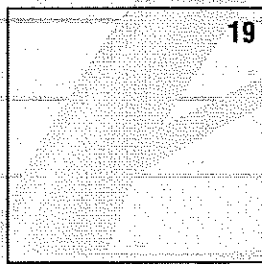
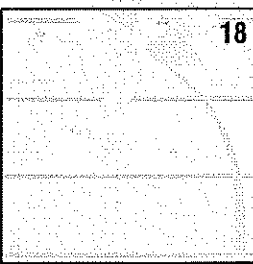
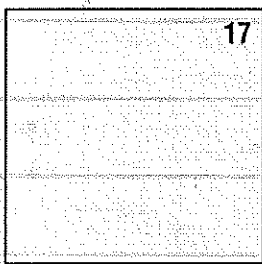
11
BBQ Chicken Sandwich
Chicken Patty
Seasoned Carrots

12
Ham and Cheese Melt
Chicken Patty
Roasted Broccoli

13
Corn Dog Nuggets
Chicken Patty
Vegetarian Baked Beans



Offered Daily 6/10-6/13: Chicken Salad Sandwich, Peanut Butter & Jelly Sandwich



Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



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.liftoffsplyground.com

BREAKFAST

Grab and Go Breakfast
includes Fruit Juice and Milk

MONDAY: Cereal

TUESDAY: Pop Tart

WEDNESDAY: Banana Muffin

THURSDAY: Cereal

FRIDAY: Pop Tart

Fresh Pick Recipe

CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
 - 1 lb sausage, cooked and drained (optional)
 - 1 tablespoon olive oil
 - 1/2 cup onions, small dice
 - 1/2 cup celery, sliced
 - 1 medium apple, chopped
 - 1 cup cranberries
 - 1 teaspoon thyme
 - 1 1/2 cups chicken broth
 - salt and pepper, to taste
1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
 2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
 3. Add apples and cranberries to the pan and sauté for 3 more minutes.
 4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
 5. Prepare all ingredients as directed and mix in a bowl.
 6. With a slotted spoon, distribute the cranberry mixture on top.
 7. Spoon enough of the broth onto the dish to moisten the cornbread.
 8. Cover casserole dish and place in 350 degree oven for 30 minutes.

nutrislice

Menu Subject to change

Nutrition Information is available upon request.