

### MONDAY

2

Ham and Cheese  
Pretzel melt  
  
Corn Dog Nuggets  
  
Parmesan Green Beans  
Cherry Tomatoes  
  
Fruit/ Milk

### TUESDAY

3

Twin Tacos  
  
Chicken Patty  
  
Stewed Pinto Beans  
Cherry Tomatoes  
  
Fruit/ Milk

### WEDNESDAY

4

Pulled Pork Sandwich  
  
Cheeseburger  
  
Mashed Sweet Potatoes  
Cherry Tomatoes  
  
Fruit/ Milk

### THURSDAY

5

Alfredo Macaroni and Cheese  
with Breadstick  
  
Chicken Nuggets  
with Dinner Roll  
  
Roasted Broccoli  
Cherry Tomatoes  
  
Fruit/ Milk

### FRIDAY

6

Cheese or Pepperoni  
French Bread Pizza  
  
Hot Dog  
  
Seasoned Peas  
Cherry Tomatoes  
  
Fruit/ Milk

Offered Daily: Ham and Cheese Sub or Peanut Butter and Jelly

9

Meatball Parm. Sandwich  
  
Corn Dog Nuggets  
  
Sweet Potato Fries  
Celery Sticks  
  
Fruit/ Milk

10

Beef Totchos  
with Biscuit  
  
Chicken Patty  
  
Tater Tots  
Celery Sticks  
  
Fruit/ Milk

11

Spaghetti with Meat Sauce  
and Breadstick  
  
Cheeseburger  
  
Roasted Chickpeas  
Celery Sticks  
  
Fruit/ Milk

12

Sweet and Sour Chicken  
with Rice  
  
Chicken Nuggets  
with Dinner Roll  
  
Low Country Green Beans  
Celery Sticks  
  
Fruit/ Milk

13

1/2 Day  
Cheese or Pepperoni  
Pizza  
  
Hot Dog  
  
Roasted Broccoli  
Celery Sticks  
  
Fruit/ Milk

Offered Daily: Fruit Parfait or Peanut Butter and Jelly

16

1/2 Day  
Chicken and Waffle Tower  
  
Corn Dog Nuggets  
  
Baked Beans  
Baby Carrots  
  
Fruit/ Milk

17

1/2 Day  
Beef Nachos  
  
Chicken Patty  
  
Corn  
Baby Carrots  
  
Fruit/ Milk

18

1/2 Day  
Cheeseburger  
  
Chicken Nuggets  
with Dinner Roll  
  
Parmesan Green Beans  
Baby Carrots  
  
Fruit/ Milk

19

1/2 Day  
Cheese or Pepperoni  
Pizza  
  
Seasoned Carrots  
Baby Carrots  
  
Fruit/ Milk

20

Offered Daily: Turkey Club Sandwich Peanut Butter and Jelly

23

Have A Fun Summer!!!



25

26

27

Menu Subject to Change

30

## 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.

## BREAKFAST MENU

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| Warm Cinnamon Roll<br>Powdered Donuts<br>Yogurt with Graham Cracker<br>Juice/Milk  | Mini Waffles<br>Slice of Banana Bread<br>Yogurt with Graham Cracker<br>Juice/Milk  | Chicken Biscuit<br>Pop tart with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/Milk  | Mini French Toast<br>Cereal with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk | Bacon, Egg and Cheese Sandwich<br>Chocolate Muffin with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk |
| Warm Cinnamon Roll<br>Powdered Donuts<br>Yogurt with Graham Cracker<br>Juice/ Milk | Mini Waffles<br>Slice of Banana Bread<br>Yogurt with Graham Cracker<br>Juice/ Milk | Chicken Biscuit<br>Pop tart with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk | Min French Toast<br>Cereal with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk  | Bacon, Egg and Cheese Sandwich<br>Chocolate Muffin with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk |
| Warm Cinnamon Roll<br>Powdered Donuts<br>Yogurt with Graham Cracker<br>Juice/ Milk | Mini Waffles<br>Slice of Banana Bread<br>Yogurt with Graham Cracker<br>Juice/ Milk | Chicken Biscuit<br>Pop Tart with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk | Mini French Toast<br>Cereal with Graham Cracker<br>Yogurt with Graham Cracker<br>Juice/ Milk |   |
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### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Please email [stacie.lyman@sodexo.com](mailto:stacie.lyman@sodexo.com) with any dietary restrictions or questions about your child's account.

Online deposits- <https://www.schoolcafe.com/DOWNTOWNSHIPSD>

Menu Subject to Change

Nutrition Information is available upon request.