

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Corn Dog Nuggets
Parmesan Green Beans
Fruit/ Milk

3

Chicken Patty
Cherry Tomatoes
Fruit/ Milk

4

Pulled Pork Sliders
Mashed Sweet Potatoes
Fruit/ Milk

5

Chicken Nuggets
with Dinner Roll
Roasted Broccoli
Fruit/ Milk

6

Cheese
French Bread Pizza
Seasoned Peas
Fruit/ Milk

Offered Daily: Hot Dog, Yogurt Boat or Peanut Butter and Jelly

9

Meatball Parm. Sandwich
Sweet Potato Fries
Fruit/ Milk

10

Beef Totchos
with Biscuit
Celery Sticks
Fruit/ Milk

11

Buttered Noodles
and Breadstick
Roasted Chickpeas
Fruit/ Milk

12

Popcorn Chicken
with Rice
Low Country Green Beans
Fruit/ Milk

13

1/2 Day
Cheese Pizza
Roasted Broccoli
Fruit/ Milk

Offered Daily: Hot Dog, Yogurt Boat or Peanut Butter and Jelly

16

1/2 Day
Chicken and Waffle Tower
Baked Beans
Fruit/ Milk

17

1/2 Day
Beef Nachos
Corn
Fruit/ Milk

18

1/2 Day
Hamburger
Parmesan Green Beans
Fruit/ Milk

19

1/2 Day
Cheese Pizza
Baby Carrots
Fruit/ Milk

20

Offered Daily: Hot Dog, Yogurt Boat or 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
Cereal Bar with Graham Cracker Juice/Milk	Slice of Banana Bread Juice/Milk	Chicken Biscuit Pop tart with Graham Cracker Yogurt with Graham Cracker Juice/Milk	Cereal with Graham Cracker Juice/ Milk	Chocolate Muffin with Graham Cracker Juice/ Milk
Cereal Bar with Graham Cracker Juice/ Milk	Slice of Banana Bread Juice/ Milk	Chicken Biscuit Pop tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Cereal with Graham Cracker Juice/ Milk	Chocolate Muffin with Graham Cracker Juice/ Milk
Cereal Bar with Graham Cracker Juice/ Milk	Slice of Banana Bread Juice/ Milk	Chicken Biscuit Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Cereal with Graham Cracker Juice/ Milk	

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 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.