

MONDAY

Available Daily:
5. Peanut Butter & Jelly Sandwich (V)
Carrot Snack Packs
Whole Fresh Fruit Offered Daily
Seasonal Local Produce
1% White Milk, Fat Free White Milk,
Fat Free Chocolate Milk, or Fat Free
Strawberry Milk

TUESDAY

Elementary Lunch Prices:
Full Price: \$2.65
Reduced Price: \$0.40
Milk: \$0.60

Menu Subject to Change

WEDNESDAY

1. Chicken Patty Sandwich
2. Pasta w/ Meat Sauce & Roll
3. Turkey & Cheese Sandwich
4. Garden Salad w/ Cheese & Roll
Steamed Broccoli
Super Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 6

THURSDAY

1. Nachos Supreme
2. Grilled Ham & Cheese Sandwich
3. Turkey & Cheese Sandwich
4. Garden Salad w/ Cheese & Roll
Corn
Super Side Salad
Assorted Fresh & Canned Fruit
100% Juice
Choice of Milk
Day 1

FRIDAY

1. French Bread Pizza (V)
2. Fish Sticks w/ Dinner Roll
3. Turkey & Cheese Sandwich
4. Garden Salad w/ Cheese & Roll
Steamed Green Beans
Super Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 2

Menu subject to change

1. Bacon Cheeseburger
2. Pepperoni and Cheese Mini
Stromboli
3. Ham & Cheese Sandwich
4. Turkey Club Salad w/ Roll
Green Beans
Spinach Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 3

1. Cheesy Dog
2. Chicken Tenders w/ Biscuit
3. Ham & Cheese Sandwich
4. Turkey Club Salad w/ Roll
Corn
Spinach Side Salad
Assorted Fresh & Canned Fruit
100% Juice
Choice of Milk
Day 4

1. Chicken Patty Sandwich
2. Crunchy Mac & Cheese w/ Roll (V)
3. Ham & Cheese Sandwich
4. Turkey Club Salad w/ Roll
Steamed Broccoli
Spinach Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 5

1. Beef Soft Tacos
2. Chicken Nuggets w/ Roll
3. Ham & Cheese Sandwich
4. Turkey Club Salad w/ Roll
Southwest Black Beans
Spinach Side Salad
Assorted Fresh & Canned Fruit
100% Juice
Choice of Milk
Day 6

1. Galaxy Cheese Pizza (V)
2. Meatball Parm Sub
3. Ham & Cheese Sandwich
4. Turkey Club Salad w/ Roll
Steamed Carrots
Spinach Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 1

1. Brunch for Lunch: French Toast
Sticks & Sausage
2. Cheeseburger
3. Egg & Muffin Bento Box (V)
4. WW Bagel w/ Cheese & Yogurt (V)
Tater Tots
Romaine Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 2

1. Grilled Ham & Cheese Pretzelwich
2. Popcorn Chicken w/ Roll
3. Egg & Muffin Bento Box (V)
4. WW Bagel w/ Cheese & Yogurt (V)
Corn
Romaine Side Salad
Assorted Fresh & Canned Fruit
100% Juice
Choice of Milk
Day 3

1. Grilled Cheese Sandwich
2. Chicken Patty Sandwich
3. Egg & Muffin Bento Box (V)
4. WW Bagel w/ Cheese & Yogurt (V)
Steamed Broccoli
Romaine Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 4
LUCKY TRAY DAY

Turkey Day
Roasted Turkey w/ Gravy, Stuffing &
Dinner Roll
Tangy Cranberry Sauce
Buttery Whipped Potatoes
Steamed Corn
Hershey's Ice Cream Cup
Assorted Fresh & Canned Fruit
100% Juice / Choice of Milk
Day 5

1. French Bread Cheese Pizza (V)
2. Corn Dog
3. Egg & Muffin Bento Box (V)
4. WW Bagel w/ Cheese & Yogurt (V)
Celery Sticks
Romaine Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 6

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

1. Bacon & Cheese Potato Skins w/
Tortilla Chips
2. Beef Hot Dog
3. Italian Sub
4. Pretzel Boat (V)
Corn / Romaine Side Salad
Assorted Fresh & Canned Fruit
100% Juice
Choice of Milk
Day 1

1. BBQ Chicken Quesadilla
2. Chicken Parm Sandwich
3. Italian Sub
4. Pretzel Boat (V)
Smile Fries
Romaine Side Salad
Assorted Fresh & Canned Fruit
Choice of Milk
Day 2

1. Slice of Meatloaf & Mashed
Potatoes
2. Chicken Tenders & Mini Waffles
3. Italian Sub
4. Pretzel Boat (V)
Steamed Carrots
Romaine Side Salad
Assorted Fresh & Canned Fruit
100% Juice / Choice of Milk
Day 3

Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1 Asst. Cereal/Grahams Banana Muffin/Grahams Breakfast Pizza Asst Fruit / Milk	11/2 Asst. Cereal/Grahams Mini Cin Buns/Grahams Bacon/Egg/Chz Bagel Asst Fruit/Juice/Milk	11/3 Asst. Cereal/Grahams Bagel/Cream Cheese Cinn Rush French Tst Asst Fruit / Milk
11/6 Asst. Cereal/Grahams Yogurt/Grahams Mini Maple Waffles Asst Fruit/Milk	11/7 Asst. Cereal/Grahams Choc Muffin/Grahams Ham/Egg/Chz on Muffin Asst Fruit/Juice/Milk	11/8 Asst. Cereal/Grahams Yogurt/Grahams Breakfast Pizza Asst Fruit / Milk	11/9 Asst. Cereal/Grahams Blubry Muffin/Grahams Sausage/Egg/Chz Bagel Asst Fruit/Juice/Milk	11/10 Asst. Cereal/Grahams Fruit/Yogurt Parfait Breakfast Tacos Asst Fruit / Milk
11/13 Asst. Cereal/Grahams Fruit/Yogurt Parfait Bacon/Egg/Chz on Bun Asst Fruit / Milk	11/14 Asst. Cereal/Grahams Bagel/Cream Cheese Mini Maple Pancakes Asst Fruit/Juice/Milk	11/15 Asst. Cereal/Grahams Fruit/Yogurt Parfait Breakfast Pizza Asst Fruit / Milk	11/16 Asst. Cereal/Grahams Cherry Frudel Egg/Chz Bagel Asst Fruit/Juice/Milk	11/17 Asst. Cereal/Grahams Blubry Muffin/Grahams French Tst Sticks Asst Fruit/Milk
11/20 NO SCHOOL	11/21 NO SCHOOL	11/22 NO SCHOOL	11/23 NO SCHOOL	11/24 NO SCHOOL
11/27 NO SCHOOL	11/28 Asst. Cereal/Grahams Bagel/Cream Cheese Blubry Mini Pancakes Asst Fruit/Juice/Milk	11/29 Asst. Cereal/Grahams Fruit/Yogurt Parfait Breakfast Pizza Asst Fruit/Juice/Milk	11/30 Asst. Cereal/Grahams Blubry Muffin/Grahams Egg/Chz Bagel Asst Fruit/Juice/Milk	

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

We will have a Lucky Tray Day on November 15th! Don't forget to check your tray for a sticker, and win a prize!! Check out our new menu additions this month: Egg & Muffin Bento Box, BBQ Chicken Quesadilla, and Super Side Salad for lunch and Breakfast Tacos for Breakfast.

Did you Know that if your child gets a free or reduced price lunch, he or she also qualifies for a free/reduced breakfast?!

