

K-5 Breakfast/Lunch

MAY 2017

5

MONDAY

TUESDAY

2

WEDNESDAY

THURSDAY

FRIDAY

ENTREE CHOICE Chicken Nuggets & Dinner Roll Grilled Cheese Sandwich SIDES:

Baked Potato Wedges **Baked Beans** FRUIT CHOICE MILK CHOICE

ENTREE CHOICE Macaroni Casserole Breaded Chicken Sandwich SIDES

Steamed Broccoli Seasoned Carrots FRUIT CHOICE MILK CHOICE

ENTREE CHOICE Chicken Pot Pie Cheeseburger SIDES Romaine Side Salad Vegetable Medley FRUIT CHOICE

ENTREE CHOICE Turkey & Gravy over Rice Turkey & Cheese Melt SIDES Steamed Green Beans

Steamed Corn FRUIT CHOICE MILK CHOICE

ENTREE CHOICE Pepperoni Pizza Cheese Pizza Breaded Fish Sandwich SIDES Fresh Carrot Sticks Tater Tots FRUIT CHOICE MILK CHOICE

In addition to the Entree Choices, a variety of Sandwiches, Wraps, and Salads are offered Daily. Milk Choice Includes: 1% Plain, Fat-Free Flavored. Fruit Variety includes 100% Juice, Fresh Fruit and Canned Fruit Options.

MILK CHOICE

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ENTREE CHOICE Popcorn Chicken w/ Dinner Roll Hamburger SIDES French Fries Vegetable Medley FRUIT CHOICE MILK CHOICE

ENTREE CHOICE Corndog Grilled Cheese Sandwich

SIDES **Baked Beans Tater Tots** FRUIT CHOICE MILK CHOICE

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ENTREE CHOICE Cheesy Bread with Marinara Hotdog on a Bun SIDES Fresh Carrot Sticks Steamed Green Beans FRUIT CHOICE MILK CHOICE

11 ENTREE CHOICE

BBQ Chicken & Dinner Roll Ham & Cheese Melt SIDES Broccoli with Cheese Sweet Potato Wedges FRUIT CHOICE MILK CHOICE

12 ENTREE CHOICE Cheese Pizza Pepperoni Pizza Fish Nuggets with Roll

SIDES Seasoned Carrots Romaine Salad FRUIT CHOICE MILK CHOICE

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ENTREE CHOICE Chicken Nuggets w/ Roll Hotdog on a Bun SIDES French Fries Seasoned Carrots FRUIT CHOICE MILK CHOICE

16

ENTREE CHOI Spaghetti with Meatballs Breaded Chicken Sandwich SIDES Vegetable Medley Romaine Salad FRUIT CHOICE MILK CHOICE

17

ENTREE CHOICE Nachos Supreme Hamburger SIDES Refried Beans Steamed Corn FRUIT CHOICE MILK CHOICE

18

ENTREE CHOICE Salisbury Steak & Gravy over Rice Grilled Cheese Sandwich SIDES Mashed Potatoes Sweet Potato Wedges FRUIT CHOICE MILK CHOICE

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ENTREE CHOICE Cheese or Pepperoni Pizza Fish Nuggets & Dinner Roll SIDES Peas & Carrots Steamed Green Beans FRUIT CHOICE MILK CHOICE

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MANAGER'S CHOICE

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MANAGER'S CHOICE

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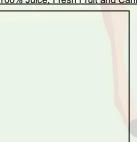
MANAGER'S CHOICE

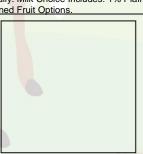
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Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

- Food: Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
- 2. <u>Water:</u> Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.
- 3. <u>Medicine:</u> One-quarter of all prescription drugs come directly from or are derivatives of plants.
- 4. <u>Air:</u> Oxygen is brought to you by plants, as a by-product of photosynthesis.
- 5. <u>Habitat:</u> Species of fish and wildlife depend on plants for food and shelter.
- Climate: Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International. http://www.bgci.org/plantconservationday/index/



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
Mini Maple Waffles FRUIT CHOICE MILK CHOICE	Cheese Biscuit FRUIT CHOICE MILK CHOICE	Scrambled Eggs or Sausage Patty with Toast FRUIT CHOICE MILK CHOICE	Pancake on a Stick FRUIT CHOICE MILK CHOICE	French Toast Sticks FRUIT CHOICE MILK CHOICE
Blueberry Muffin FRUIT CHOICE MILK CHOICE	Sausage Biscuit FRUIT CHOICE MILK CHOICE	Scrambled Eggs or Sausage Patty with Toast FRUIT CHOICE MILK CHOICE	Chicken Biscuit FRUIT CHOICE MILK CHOICE	Pancake on a Stick FRUIT CHOICE MILK CHOICE
Mini Pancakes FRUIT CHOICE MILK CHOICE	Chicken Biscuit FRUIT CHOICE MILK CHOICE	Scrambled Eggs or Sausage with Toast FRUIT CHOICE MILK CHOICE	MiniCinnis FRUIT CHOICE MILK CHOICE	Pancake on a Stick FRUIT CHOICE MILK CHOICE
Sausage Biscuit FRUIT CHOICE MILK CHOICE	Mini Blueberry Pan- cakes FRUIT CHOICE MILK CHOICE	Scrambled Eggs or Sausage with Toast FRUIT CHOICE MILK CHOICE	Chicken Biscuit FRUIT CHOICE MILK CHOICE	Mini Maple Pancakes FRUIT CHOICE MILK CHOICE
Daily Entree Choices Include: Pop Tart Buttered Toast Assorted Cereal	Milk Choice Includes: 1% White Fat-Free Chocolate/Strawberry			

Fresh Pick Recipe

AVOCADO TOMATO SALAD (SERVES 4)

- 1/3 cup and 1 Tbsp avocados (cubes)
- 1 Tbsp and 1 3/4 tsp lime juice
- 1 1/2 cups and 1 1/2 Tbsp peeled cucumber (chopped)
- 1 1/2 cups and 1 1/2 Tbsp red tomato (chopped)
- 2 3/8 tsp cilantro
- 2 3/8 tsp parsley (chopped)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 3 Tbsp and 5/8 tsp Italian salad dressing
- Cut avocado in half. Remove seed with chef knife and peel with teaspoon. Dice. Toss with lime juice to prevent browning.
- 2. Peel and dice cucumber 1/4".
- 3. Dice tomato 1/4".
- 4. Wash cilantro and parsley and pat dry. Pull leaves off the stem and roughly chop.
- Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
- Allow at least 30 minutes for the flavors to meld.
- Before serving, gently mix in avocados and garnish with parsley.







