

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

ENTREE CHOICE  
Chicken Nuggets & Dinner Roll  
Grilled Cheese Sandwich  
SIDES:  
Baked Potato Wedges  
Baked Beans  
FRUIT CHOICE  
MILK CHOICE

**2**

ENTREE CHOICE  
Macaroni Casserole  
Breaded Chicken Sandwich  
SIDES  
Steamed Broccoli  
Seasoned Carrots  
FRUIT CHOICE  
MILK CHOICE

**3**

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

**4**

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

**5**

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.

**8**

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

**9**

ENTREE CHOICE  
Corndog  
Grilled Cheese Sandwich  
SIDES  
Baked Beans  
Tater Tots  
FRUIT CHOICE  
MILK CHOICE

**10**

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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**15**

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

**16**

ENTREE CHOICE  
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

**19**

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

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**22**

MANAGER'S CHOICE

**23**

MANAGER'S CHOICE

**24**

MANAGER'S CHOICE

**25**

MANAGER'S CHOICE

**26**

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:

1. **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. **Water:** 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. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **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.

[liffosplayground.com](http://liffosplayground.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 Pancakes 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
1. 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.
  5. Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
  6. Allow at least 30 minutes for the flavors to meld.
  7. Before serving, gently mix in avocados and garnish with parsley.



10% post-consumer

