

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Enjoy Your Break



2
Try Chef Lindseys Delightful Taco Salad on the 13th.

3

6
Teriyaki Dippers with Rice
Peppi Salad With WG Roll
Chicken Sandwich
Cheese Pizza

7
Chicken Nuggets with Steamed Rice
Chef Salad with WG Roll
Chicken Sandwich
Hamburger

8
Turkey and Ham Stuffwich
Crispy Chicken Salad with WG Roll
Chicken Sandwich
Pepperoni Pizza

9
Chicken Noodle Soup /GC Sand
Egg Salad Sandwich
Chicken Sandwich
Hamburger

10
Hot Diggety Dog
Cobb Salad with WG Roll
Turkey and Cheese Sandwich
Cheese Pizza

Breakfast Prices: Students \$1.25 Reduced: Free, Adults \$2.25, Milk \$.55

13
Chef Lindseys Delightful Taco Salad
Crispy Chicken Wrap
Chicken Sandwich
Cheese Pizza

14
Chicken Nuggets with Steamed Rice
Chef Salad with WG Roll
Chicken Sandwich
Hamburger

15
Hot Rib B Que Sandwich
Crispy Chicken Salad with WG Roll
Chicken Sandwich
Pepperoni Pizza

16
Turkey Gravy/Mashed Potatos
Egg Salad Sandwich
Chicken Sandwich
Hamburger

17

Lunch Prices: Student \$2.50, Reduced K-3 Free, Reduced 4-5 \$.40 Adult \$3.50 Milk \$.55

20

21
Chicken Nuggets with Steamed Rice
Chef Salad with WG Roll
Chicken Sandwich
Hamburger

22
Terriyaki Dippers over Rice
Crispy Chicken salad with WG Roll
Chicken Sandwich
Pepperoni Pizza

23
Bean and Cheese Enchilada
Egg Salad Sandwich
Chicken Sandwich
Hamburger

24
BBQ Chicken Sandwich
Cobb Salad with WG Roll
Corn Dog
Cheese Pizza

27
Fish Nuggets with Hashbrown Sticks
Chef Salad with WG Roll
Chicken Sandwich
Cheese Pizza

28
Chicken nuggets with Steamed Rice
Egg Salad Sandwich
Chicken sandwich
Hamburger

29
Bean and Cheese Nachos
Chef Salad with WG Roll
Chicken Sandwich
Pepperoni Pizza

30
Spaghetti with Meat Sauce
Crispy Chicken Salad with WG Roll
Chicken Sandwich
Hamburger

31
Corn Dog
Cobb Salad with WG Roll
Chicken Sandwich
Cheese Pizza

Just a Spoonful of Sugar...

Sugar is often referred to as **naturally-occurring** or **added**. On food labels, both kinds of sugar are included in "sugars" listed on the Nutrition Facts panel. **Naturally-occurring** sugars are found in many foods automatically because mother-nature put them there. For example, dairy products, such as yogurt and milk, and fruit contain naturally-occurring sugars. Lactose is the sugar in milk and yogurt; fructose is the sugar in fruit. While these foods contain sugar, these sugars are not the ones causing the greatest concern in the American diet. Instead, excessive intake of **added sugars** is the concern. Foods with added sugars are just that—they

have had additional sugar added to them. The consumption of too much added sugar has been linked to obesity and hyperglycemia (high blood sugar). It is recommended that we consume no more than 10% of our calories from sugars. For your daily diet that translates to no more than 6 to 8 teaspoons of sugar per day. To put that in perspective, some sugar-flavored beverages alone can contain as much as 8 to 12 teaspoons of sugar. That 6 to 8 teaspoon daily limit translates to about 24 to 32 grams of sugar daily. Check out how many grams you eat by reading the Nutrition Facts panel.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsp playground.com

BREAKFAST

Ultimate Breakfast Round and Low Sugar Cereals with WG Toast offered Daily along with a variety of Fruit and Milk

MONDAY: Pancakes

TUESDAY: Breakfast Pizza

WEDNESDAY: Waffles

THURSDAY: Sausage and Pancake on a Stick

FRIDAY: French Toast Sticks

Fresh Pick Recipe

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" ovenable pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
4. Carefully transfer cooked carrots to serving pan.
5. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS:
57 calories, 1g fat,
55mg sodium, 3g fiber

ENJOY A TRIP THROUGH THE GARDEN BAR

After choosing your main entree, please take a trip through the Fresh Garden Bar. There you will find a variety of Fruits, Vegetables, Salad Mix and Legumes to finish building your Balanced Plate!

