



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Variety
Garden Bar Items
Romaine & Spinach
Mixed Greens
Cherry Tomatoes,
Cucumbers,
Carrots & Celery
Chick Peas
Fresh & Canned Fruit
"Fresh Pick of the
Month Item"
Peaches

1. Lasagna Roll-Up w/Garlic Bread or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

1. Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

1. Whole Grain Pancakes w/ Sausage or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Applesauce
Visit the Garden Bar

1. Cheese Filled Bosco Breadstick w/Sauce or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Chicken Noodle Soup
Visit the Garden Bar

Mondays
7. 1. French Toast Sticks w/Warm Syrup or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick Yogurt
Visit the Garden Bar

8. 1. Chicken Nuggets Or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Baked Cheeze-it
Visit the Garden Bar

9. 1. Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

10. 1. Country Fried Steak w/Mashed Potatoes or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Golden Corn Niblets
Visit the Garden Bar

11. 1. Turkey Hot Dog w/Optional Chili or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Potato Smiles
Visit the Garden Bar

Mondays
14. 1. Penne w/Marinara Sauce & Garlic Bread or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

15. 1. Soft Shell Beef or Vegetarian Tacos or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Golden Corn Niblets
Visit the Garden Bar

16. 1. Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

17. 1. Cheese Quesadilla or
2. Grilled Cheese Bagel Melt Or
3. Student Salad w/Cheese Stick
Baked Kids Mix
Visit the Garden Bar

18. 1. Baked Chicken Patty on a Bun or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Baked Tator Tots
Visit the Garden Bar


Mondays
21. 1. Macaroni & Cheese or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

22. 1. Chicken Drumstick w/Mashed Potato & Gravy or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Orange Smiles
Visit the Garden Bar

23. 1. Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

24. 1. Burger on a Bun – Plain or w/ Cheese or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Potato Smiles
Visit the Garden Bar

25. 1. Whole Grain Grilled Cheese Or
2. Student Salad w/Cheese Stick
Tomato Soup
Visit the Garden Bar

28. **No School**


29. 1. Lasagna Roll-Up w/Garlic Bread or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Steamed Green Beans
Visit the Garden Bar

30. 1. Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Crunchy Carrots
Visit the Garden Bar

31. 1. Whole Grain Pancakes w/ Sausage or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
Applesauce
Visit the Garden Bar

Student Lunch Price - 2.25
Reduced Lunch Price - \$.40
Free & Reduced Applications are available at your school office, or call the Food Service Office @ 248-823-5089

Healthy Eating on the Go Game



How to Win

Be an instant winner by selecting healthy foods from all the food groups. Your prize? A strong mind and body!

How to Play

For meals on the go: select foods from all of the food groups.
For snacks on the go: select foods from at least two food groups per snack.

Food Group Pieces

- Milk—A nutrient-rich food full of calcium and protein to help your teeth and bones grow big and strong. Includes low-fat and non-fat milk, yogurt and cheese.

- Protein Foods—lean proteins such as chicken, fish, low-fat cheese, nuts and beans can help sustain blood sugar levels between meals and help build strong muscles.
- Grains—Select whole grain breads, brown rice and fiber-rich cereals. Wholesome grains contain plenty of B vitamins and help boost your energy for mental and physical alertness.
- Fruits and Vegetables—Are foods rich in vitamins, minerals and antioxidants—all nutrients that help keep your immune system strong.



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.liftoffsplyground.com



Meals and Snacks on the Go

Life is busy and eating healthy on-the-go is a challenge for many families, but there is hope. A little pre-planning and organization can help make eating-on-the-go a healthy part of your overall diet. Here are a few tips to help you and your family.

- Make a plan before leaving home with what, when and where you and your family will be eating. Being prepared will help limit spontaneous stops for calorie dense foods with added fat, salt and sugar, as well as reduce the chances of overeating. For a quick snack, try packing pre-sliced vegetables, grab-and-go fruits and trail mix with whole grain cereals, dried fruits, nuts and seeds.
- Watch your portion sizes. Remember a snack is not a full meal and a full meal is not a platter. Share large meals with other family members or when eating out, plan to take half your meal home for another meal. If you're stopping at a fast food location then avoid supersizing the meal and look for healthier options such as fruit cups, salads and grilled or baked options.
- Stopping at a grocery store is another option versus the typical fast food restaurants. Look for salad bars and deli bars that allow you to customize your meals.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>

The Fresh Pick of the Month is: Peaches



- Peaches are a delicious fruit that has the ability to nutritionally cure anybody's sweet tooth. They are sweet to the taste due to the natural sugar they contain known as sucrose.
- Peaches are a great source of Vitamin C, delivering 10% of your recommended daily intake, along with other vitamins and minerals like potassium.
- Peaches are also a great source of fiber, can help keep blood sugar and cholesterol levels low and contain very few calories due to their high water content.

Selecting healthy snacks are key when you strike up an appetite at times that are not meal times. Remember you always want to refuel with nutrition-packed items for snacks. There are many different types of snacks that are healthy alternatives, even when you are on the go! Some great snack items were mentioned above. You do also want to watch the portion sizes of your snacks. If you are not careful with your snacking, the calories can really add up!

Samantha Mozdierz, MSA, R.D.