

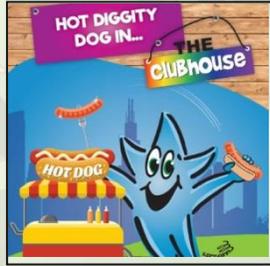
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**  
Old Fashioned Mac & Cheese  
with Dinner Roll  
Ham & Cheese Sub  
Broccoli & Diced Tomatoes

**2**  
Twin Tacos  
w/ Rice, Cheese, Lettuce & Tomato  
Ham & Cheese Sub  
Pinto Beans

**3**  
Tonys Pizza  
Cheese or Pepperoni  
Ham & Cheese Sub  
Steamed Green Beans

**6**  
Build-A-Burger Bar  
Tuna Salad Sub  
Seasoned Carrots

**7**  
Chik-n Nuggets  
(Meatless)  
with Dinner Roll  
Tuna Salad Sub  
Green Peas

**8**  
Mozzarella Sticks  
with Marinara Sauce  
Tuna Salad Sub  
Broccoli Dippers

**9**  
Open Faced Turkey  
Tuna Salad Sub  
Homestyle Baked Beans

**10**  
Tonys Pizza  
Cheese or Pepperoni  
Tuna Salad Sub  
Cucumber Coins

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

**13**  
**MEATLESS MONDAY**  
Grilled Cheese with Tomato Soup  
Turkey & Cheese Sub  
Steamed Carrot Coins

**14**  
Hot Diggity Dog  
Turkey & Cheese Sub  
Vegetarian Beans

**15**  
Homemade Baked Ziti  
with Garlic Breadstick  
Turkey & Cheese Sub  
Romaine Salad

**16**  
Chicken Fajita w/Rice  
Turkey & Cheese Sub  
Pepper & Onion Medley

**17**  
Tonys Pizza  
Turkey & Cheese Sub  
Seasoned Green Beans

**20**  
Hamburger/Cheeseburger  
Ham & Cheese Sub  
Sweet Potato Fries

**21**  
Chik' n Nuggets  
(Meatless)  
with Dinner Roll  
Ham & Cheese Sub  
Tater Tots

**22**  
Old Fashioned Mac & Cheese  
With Dinner Roll  
Ham & Cheese Sub  
Steamed Broccoli

**23**  
Grilled Chicken Salad with Roll  
Ham & Cheese Sub  
Pinto Beans

**24**  
Tonys Pizza  
Cheese or Pepperoni  
Ham & Cheese Sub  
Cucumber Coins



**28**  
Grilled Pretzel Melt  
Turkey & Cheese Sub  
Steamed Peas

**29**  
Rotini Pasta with Italian Meatsauce  
and Garlic Breadstick  
Turkey & Cheese Sub  
Romaine Salad

**30**  
Nachos Supreme  
with Meat, Cheese & Salsa  
Turkey & Cheese Sub  
Vegetarian Refried Beans

**31**  
Tonys Pizza  
Cheese or Pepperoni  
Turkey & Cheese Sub  
Green Beans

Menu Subject to Change

This institution is an equal opportunity provider.

## Celebrate Food Fitness and Fun!

Traditionally, when people try to "get healthier" they simply go on a "diet". This typically leads to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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### Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor, but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable and they taste great too. At its core, Mexican cuisine is very healthy so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news - load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way to enhancing the healthfulness of your celebration. Enjoy!

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/>.



[liftoffsplayground.com](http://liftoffsplayground.com)

### Fresh Pick Recipe

#### PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium saute pan, add the oil and saute the onions for 2 minutes.
2. Add the peas and orange juice and saute for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest