

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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

liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 3 LABOR DAY NO SCHOOL	Sep 4 PROFESSIONAL LEARNING DAY NO SCHOOL	Sep 5 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Sep 6 1. Sausage & Cheese Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	Sep 7 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
Sep 10 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	Sep 11 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	Sep 12 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Sep 13 1. Pancakes Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Sep 14 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
Sep 17 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Sep 18 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	Sep 19 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Sep 20 1. Sausage & Cheese Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	Sep 21 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
Sep 24 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	Sep 25 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	Sep 26 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Sep 27 1. Pancake Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Sep 28 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
BREAKFAST AVAILABLE ONLY AT PARTICIPATING SCHOOLS		MENU SUBJECT TO CHANGE		DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE.

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.



SCHOOL MEAL PRICES 2018-2019

Breakfast Full Pay: \$1.30, Adults: \$2.25 Breakfast Reduced: No Cost Grades PreK-5
Lunch Full Pay: \$2.50, Adults: \$3.55 Lunch Reduced: No Cost Grades PreK-5
No charge for extra fruits & vegetables with the purchase of a meal.

What is a Reimbursable Meal?

Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



100% post consumer



Nutrition Information is available upon request.

