

Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead 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.



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
MENU IS SUBJECT TO CHANGE	DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE	MAY 1 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	MAY 2 ELEMENTARY TESTING NO BREAKFAST SERVED	MAY 3 ELEMENTARY TESTING NO BREAKFAST SERVED
MAY 6 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	MAY 7 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	MAY 8 1. Egg & Cheese on English Muffin 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	MAY 9 1. Pancake Sausage Wrap 2. Bagel & Cream Cheese 3. Cereal w/Cheese Stick	MAY 10 1. Cinnamon Rolls 2. Bacon, Egg & Cheese on English Muffin 3. Cereal w/Cheese Stick
MAY 13 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	MAY 14 1. Egg & Cheese on English Muffin 2. Mini Donuts 3. Cereal w/Cheese Stick	MAY 15 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	MAY 16 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	MAY 17 1. Bacon, Egg & Cheese on English Muffin 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
MAY 20 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	MAY 21 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	MAY 22 1. Egg & Cheese on English Muffin 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	MAY 23 1. Pancake Sausage Wrap 2. Bagel & Cream Cheese 3. Cereal w/Cheese Stick	MAY 24 1. Cinnamon Rolls 2. Bacon, Egg & Cheese on English Muffin 3. Cereal w/Cheese Stick
MAY 27 MEMORIAL DAY NO SCHOOL	MAY 28 1. Mini Donuts 2. Cereal w/Cheese Stick	MAY 29 1. Pancake Sausage Wrap 2. Cereal w/Cheese Stick	MAY 30 1. Breakfast Pizza 2. Cereal w/Cheese Stick	MAY 31 1. Cinnamon Rolls 2. Cereal w/Cheese Stick

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" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. 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



Scan to download the So Happy app from the App Store.

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.



Nutrition Information is available upon request.

