

## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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](http://liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 1 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Oct 2 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	Oct 3 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Oct 4 NO SCHOOL ELEMENTARY TEACHER WORKDAY	Oct 5 NO SCHOOL PROFESSIONAL LEARNING DAY
Oct 8 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	Oct 9 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	Oct 10 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Oct 11 1. Pancakes Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Oct 12 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
Oct 15 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Oct 16 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	Oct 17 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Oct 18 NO SCHOOL PARENT-TEACHER CONFERENCES	Oct 19 NO SCHOOL PARENT-TEACHER CONFERENCES
Oct 22 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	Oct 23 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	Oct 24 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	Oct 25 1. Pancake Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Oct 26 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
Oct 29 1. Breakfast Pizza 2. Chocolate Crescent 3. Cereal w/Cheese Stick	Oct 30 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	Oct 31 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	MENU SUBJECT TO CHANGE	DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE.

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



#### 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.

