

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

CHEF OF THE DAY PICKS
Pancakes w/Sausage
Cheese Burger on a Bun
Turkey & Cheese Sandwich
Yogurt Boat
Sweet Potato Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup
STICKER DAY

3

Popcorn Chicken w/Dinner Roll
Hot Dog on a Bun
Turkey & Cheese Sandwich
Yogurt Boat
Steamed Green Peas
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

4

FOOD SHOW AT BRMS 4:00-6:00
ALL ARE WELCOME
Deli Station
Baked Ziti w/Roll
Yogurt Boat
Caesar Side Salad
Fresh Fruit & Fruit Cup

5

Taco Day
Hot Dog on a Bun
Turkey & Cheese Sandwich
Yogurt Boat
Confetti Bean Salad
Carrot Sticks
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

6

French Bread Pizza
Turkey & Cheese Sandwich
Yogurt Boat
Green Pepper Strips
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim or Low Fat White or Fat Free Chocolate

9

Mozzarella Sticks w/Marinara Sauce
Cheese Burger on a Bun
Ham & Cheese Sandwich
Bagel Boat
Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

10

BBQ Roasted Chicken w/Rice
Hot Dogs on a Bun
Ham & Cheese Sandwich
Sweet Peas
Bagel Boat
French Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup
STICKER DAY

11

Deli Station
Mac & Cheese w/Roll
Caesar Side Salad
Bagel Boat
Fresh Fruit & Fruit Cup

12

Nacho's Supreme
Hot Dog on a Bun
Ham & Cheese Sandwich
Bagel Boat
Fresh Carrot Planks
Hummus
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

13

Big Daddy Pizza
Ham & Cheese Sandwich
Bagel Boat
Celery Sticks
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Menu Subject To Change.

16

French Toast Sticks w/Sausage
Cheese Burger on a Bun
Chicken Salad Sandwich
Cereal Boat
Cross Trax Sweet Potatoes
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

17

Chicken Nuggets w/Breadstick
Hot Dog on a Bun
Chicken Salad Sandwich
Cereal Boat
Potato Wedges
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

18

Deli Station
Galaxy Individual Round Pizza
Cereal Boat
Tuscan Kale Salad
Fresh Fruit & Fruit Cup
STICKER DAY

19

Soft Shell Chicken Taco w/Rice
Hot Dog on a Bun
Chicken Salad Sandwich
Cereal Boat
Baked Vegetarian Bean
Carrot Sticks
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

20

Big Daddy Pizza
Chicken Salad Sandwich
Cereal Boat
Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Peanut Butter & Jelly Sandwiches served daily - Garden Salad w/Cheese or Crispy Chicken Salad Entree available upon request

23

Pancakes w/Ham Slices
Cheese Burger on a Bun
Tuna Salad Sandwich
Cheese & Cracker Box
Harvest Sendor Ridge Cut Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

24

Popcorn Chicken Bowl
Hot Dog on a Bun
Tuna Salad Sandwich
Cheese & Cracker Box
Golden Corn
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

25

Deli Station
Chicken Patty Sandwich
Cheese & Cracker Box
Caesar Side Salad
Fresh Fruit & Fruit Cup

26

French Bread Pizza
Tuna Salad Sandwich
Cheese & Cracker Box
Three Bean Salad
Carrot Coins
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

27

School Closed

Gluten free bread, rolls, pizza and chicken available upon request - Must be pre-ordered during lunch counts in the classroom.

30

Schools Closed

31

Chef Of The Day
SAMAIRAA MEHRA



Choice of fresh tossed salad, vegetable of the day and fresh vegetables, fresh fruit, cupped fruit, or fruit juice and milk come with every entrée everyday.



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.

www.liftoffsplyground.com

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/>.

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries, (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 C Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



Lunch price \$2.75 reduced \$1.40. Please visit our SodexoMyWay website for making payment on line using MealTime On-Line or to just monitor your student's lunch activity. You may also send a check made payable Chester BOE. SodexoMyWay offers all your food service needs. Catering forms, price lists, menus, products labels for parties, news letters and much more. Just click on the food service link from Chester's website for easy access. Any question or comments please call Nancy Rapisardi 908-879-3642

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