

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY



Download on the App Store

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



GET IT ON Google Play

Scan to download the So Happy app from the Google Play Store.



freshpick
for better health
by sodexo

Student Breakfast = \$1.75
Student Lunch = \$2.95
** Indicates Gluten Free Option

1

1. Bagel Kidzable **
2. Mini Corn Dogs
3. Chicken Pot Pie

A variety of fruits and vegetables!

E



4

1. American Style Wrap
2. Cheese Pizza **
3. Sloppy Joe

A variety of fruits and vegetables!

A

5

1. Bagel Kidzable **
2. Beef Hot Dog
3. Penne & Meat Sauce

A variety of fruits and vegetables!

B

6

1. Double Berry Parfait
2. Chicken Nuggets **
3. Enchiladas Suiza

A variety of fruits and vegetables!

C

7

1. Bagel Kidzable
2. Dutch Waffles
3. Hamburger **

A variety of fruits and vegetables!

D

8

1. Crispy Chicken Salad **
2. Pizza Sticks
3. Chicken Nuggets

A variety of fruits and vegetables!

E



11

1. Bacon Chicken Wrap
2. Pepperoni Pizza **
3. Orange Chicken

A variety of fruits and vegetables!

A

12

LUCKY TRAY DAY

1. Pepperoni & Cheddar Kidzable **
2. Mini Corn Dogs
3. Cheesy Chicken Spaghetti

A variety of fruits and vegetables!

B

13

1. Peachy Parfait
2. Chicken Nuggets **
3. Beef Walking Taco

A variety of fruits and vegetables!

C

14

Shamrock Cookie Day!

1. Bagel Kidzable **
2. French Bread Pizza
3. Popcorn Chicken Bowl

A variety of fruits and vegetables!

D

15

No School



18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break



25

1. Nacho Kidzable
2. Pepperoni Pizza **
3. Chicken & Waffles

A variety of fruits and vegetables!

E

26

1. Bagel Kidzable **
2. Hamburger
3. Breaded Mozzarella Sticks

A variety of fruits and vegetables!

A

27

1. Fruit N Yo To-go **
2. Chicken Nuggets
3. Crispito & Cheese Sauce

A variety of fruits and vegetables!

B

28

1. Bagel Kidzable
2. Cinnamon Roll & Eggs **
3. Sweet & Sour Chicken

A variety of fruits and vegetables!

C

29

1. Cheese Pizza Kidzable
2. Chicken Drumstick **
3. Spaghetti & Meatballs

A variety of fruits and vegetables!

D

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



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

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Peaches N Cream Overnight Oats A Variety of Cereals/Bars
Biscuits & Eggs A Variety of Cereals/Bars	Mini Bagels A Variety of Cereals/Bars	Mini Waffles A Variety of Cereals/Bars	French Toast Bites A Variety of Cereals/Bars	Bacon, Egg & Cheese Bagel A Variety of Cereals/Bars
Ham, Egg & Cheese English Muffin A Variety of Cereals/Bars	Sausage, Egg & Cheese Biscuit A Variety of Cereals/Bars	Snack Waffles A Variety of Cereals/Bars	Blueberry Parfait A Variety of Cereals/Bars	No School
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Snack Waffles A Variety of Cereals/Bars	Breakfast Burrito A Variety of Cereals/Bars	Dutch Waffle A Variety of Cereals/Bars	Parfaits A Variety of Cereals/Bars	Sausage Biscuit A Variety of Cereals/Bars

Fresh Pick Recipe

MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
138 calories, 4g fat,
161mg sodium, 7g fiber

Nutrition Information is available upon request.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.