

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Looking for part-time work during the school year? We have positions that fit family schedules. Nights, weekends, holidays & summers off! If interested, please call the Sodexo office @721-4482.

SAVE \$\$\$!
YOUR CHILD MAY BE ELIGIBLE FOR FREE OR REDUCED PRICE LUNCH & BREAKFAST. Applications are available at schools & district office/website. All info is kept confidential.

1
Cold Entrée
Fiesta Chicken Salad w/Tortilla Chips
Hot Entrée
Walking Tacos-Nacho Doritos w/ Taco Toppings
Country Fried Steak w/Mashed Potatoes, Corn & Roll
Seasonal Garden Bar

2
Cold Entrée
Meatless Munchable w/Goldfish- V
Hot Entrée
BBQ Pork Riblet Sandwich w/Tater Tots
Spaghetti & Meatballs w/Garlic Breadstick
Seasonal Garden Bar

3
Cold Entrée
Sunbutter & Jelly Sandwich w/Chips- V
Hot Entrée
Hot Dog w/Tater Tots
Beef & Cheese Nachos
Seasonal Garden Bar

"V"- Identifies vegetarian menu items

6
Cinco De Mayo Celebration

7
Cold Entrée
Fruit & Yogurt Parfait w/Granola- V
Hot Entrée
Cheese Pizza- V
Chicken Nuggets w/ Tater Tots & Roll
Seasonal Garden Bar

8
Cold Entrée
Ham & Cheese Sandwich w/Chips
Hot Entrée
Cheeseburger w/Fries
Popcorn Chicken Bowl & Roll
Seasonal Garden Bar

9
Cold Entrée
Pizza Munchable
Hot Entrée
Pulled Pork Sandwich w/Baked Beans
Breakfast for Lunch: French Toast Sticks & Sausage
Seasonal Garden Bar

10
Cold Entrée
Bacon Turkey Club Sub w/Chips
Hot Entrée
Pepperoni Pizza
Grilled Cheese w/Tomato Soup- V
Seasonal Garden Bar

FRESH FRUIT AND VEGETABLE BAR OFFERED DAILY.

13
Cold Entrée
Crispy Chicken Salad w/Crackers
Hot Entrée
Corn Dog w/Tater Tots
Spaghetti & Meatballs w/Garlic Breadstick
Seasonal Garden Bar

14
Cold Entrée
Cheese, Yogurt & Fruit Plate w/Blueberry Muffin- V
Hot Entrée
Pretzel w/ Cheese Sauce- V
Crunchy Beef Taco w/Tortilla Chips
Seasonal Garden Bar

15
Cold Entrée
Italian Sub w/Chips
Hot Entrée
Crispy Chicken Sandwich w/Fries
Salisbury Steak w/Mashed Potatoes, Gravy, Green Beans & Roll
Seasonal Garden Bar

16
Cold Entrée
Turkey & Cheese Sandwich w/Chips
Hot Entrée
Meatball Sub
Macaroni & Cheese w/Green Beans & Roll- V
Seasonal Garden Bar

17
Cold Entrée
Fruit & Yogurt Parfait- V w/Granola
Hot Entrée
Cheese Pizza
Chili Frito Pie
Seasonal Garden Bar

OUR MILK IS PRODUCED IN LOCAL DAIRIES WITH NO ARTIFICIAL HORMONES.

20
Cold Entrée
American Combo Sandwich w/Chips
Hot Entrée
Ham & Cheese Melt w/Fries
Beef & Cheese Nachos
Seasonal Garden Bar

21
Cold Entrée
Turkey & Cheese Sandwich w/Chips
Hot Entrée
Pretzel w/ Cheese Sauce- V
Chicken in Gravy w/Mashed Potatoes, Corn & Roll
Seasonal Garden Bar

22
Cold Entrée
Crispy Chicken Salad w/Crackers
Hot Entrée
Cheeseburger & Fries
Breakfast for Lunch: Waffles & Sausage
Seasonal Garden Bar

23
Cold Entrée
Pizza Munchable- V
Hot Entrée
Cheesy Breadsticks w/Italian Sauce- V
Hot Dog w/Tots
Seasonal Garden Bar

24
Half Day Fun on The Run Lunch

PAYMENT OPTIONS: 1. Send cash or check with student. 2. Pay online with credit or debit card @acsd1.org 3. Make a payment at the central food service office located at 419 S. 8th St. We are open Mon-Friday 9am-3pm, closed weekends, holidays and school closures.

27
Happy Memorial Day

28
Chefs Choice

29
Chef's Choice

30
Chef's Choice

31
Last Day of School
Enjoy Your Summer!!

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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE	MENU IS SUBJECT TO CHANGE	MAY 1 French Toast Sticks w/Syrup Fresh Baked Cinnamon Roll Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 2 Fruit & Yogurt Parfait w/Granola Sausage Biscuit Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 3 Bacon, Egg & Cheese Sandwich Blueberry Muffin Cereal w/Cheese Stick Assorted Fruit & Juice
MAY 6 Breakfast Pizza Waffles & Bacon Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 7 Chicken Biscuit Fruit & Yogurt Parfait Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 8 Egg & Cheese Sandwich French Toast Sticks & Syrup Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 9 Pancakes w/ Bacon Bagel & Cream Cheese Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 10 Breakfast on a Stick Yogurt w/ Graham Crackers Cereal w/Cheese Stick Assorted Fruit & Juice
MAY 13 Breakfast Pizza Yogurt w/ Banana Loaf Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 14 Breakfast on a Stick Bagel & Cream Cheese Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 15 French Toast Sticks w/Syrup Fresh Baked Cinnamon Roll Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 16 Fruit & Yogurt Parfait w/Granola Sausage Biscuit Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 17 Bacon, Egg & Cheese Sandwich Blueberry Muffin Cereal w/Cheese Stick Assorted Fruit & Juice
MAY 20 Breakfast Pizza Waffles w/Bacon Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 21 Chicken Biscuit Fruit & Yogurt Parfait Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 22 Egg & Cheese Sandwich French Toast Sticks & Syrup Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 23 Pancakes w/ Bacon Bagel & Cream Cheese Cereal w/Cheese Stick Assorted Fruit & Juice	MAY 24 Breakfast on a Stick Fresh Baked Cinnamon Rolls Cereal w/Cheese Stick Assorted Fruit & Juice
MAY 27 Happy Memorial Day	MAY 28 Chef's Choice	MAY 29 Chef's Choice	MAY 30 Chef's Choice	MAY 31 Last Day of School

Fresh Pick Recipe

TOMATO MOZZARELLA SALAD

- 1 avocado, sliced into large chunks
- 2 large tomatoes, large dice
- 1 cup celery, 1" slices
- 1 cup fresh mozzarella, large dice
- 1/2 cup basil, tom
- 4 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinegar
- salt and pepper, to taste

1. Place salad ingredients in medium bowl.
2. Mix oil, lemon juice and balsamic vinegar, salt and pepper in small bowl.
3. When ready to serve, mix the salad with the dressing using just enough to coat the salad.

SCHOOL MEAL PRICES 2018-2019

Breakfast Full Pay: \$1.50, Adults: \$2.50 Breakfast Reduced: \$.30

Lunch Full Pay: \$2.65, Adults: \$3.90 Lunch Reduced: \$.40

Milk & Juice: \$.40 Second Entrée: \$ 1.50

No charge for extra fruits & vegetables with the purchase of a meal.



Download on the App Store

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



Nutrition Information is available upon request.

