

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1

2



4

5

Blank separator line

8

9

10

11

12

Blank separator line

15

16

17

18

19

Blank separator line

**22**  
Mini Cheese Stuffed Ravioli with Marinara Sauce, Wheat Dinner Roll, Deluxe Cheeseburger, Turkey Ham Sub with Cheese on Whole Grain Roll, Grilled Savory Chicken Dipper Salad, Wheat Dinner Roll, Spinach Salad Mix, Baby Carrots, White Bean & Jicama Salad, Cucumber Slices, Diced Tomatoes, Fresh Apples, Applesauce

**23**  
Italian Turkey Sausage Pizza  
Classic Cheese Pizza  
Roasted Turkey on Whole Grain Roll  
Chicken Caesar Salad with Romaine & Shredded Parmesan  
Super Salad Mix, Baby Carrots, White Bean & Jicama Salad, Asian Slaw, Diced Tomatoes, Bananas, Orange Smiles

**24**  
Jamaican Chicken Quesadilla, Grilled Sunbutter & Banana Sandwich, Turkey & American Cheese Soft Tortilla with Spinach & Ranch Dressing, Pumpkin Apple Spice Parfait, Roll, Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad, Cucumber Slices, Tomato Basil Salad, Fresh Apples, Chilled Apricots

**25**  
Tangy Barbecue Chicken with Cuban style Brown Rice Cinnamon Wheel, SW Black Bean Nachos, Chicken Caes Salad Wrap on Soft WG Tortilla  
Chef Salad with Hard Boiled Egg & Shredded Cheddar Cheese, Roll, Super Salad Mix, Baby Carrots, White Bean & Jicama Salad, Asian Slaw, Diced Tomatoes, Bananas, Orange Smiles

**26**  
Spaghetti with Tuscan Meatballs, Turkey Cranberry Burger, Creamy Tuna Salad with Celery  
Hearty Garden Salad with Hard Boiled Eggs, Cheese & Garbanzo Beans, Roll  
Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad, Cucumber Slices, Tomato Basil Salad, Fresh Apples, Mixed Fruit Salad

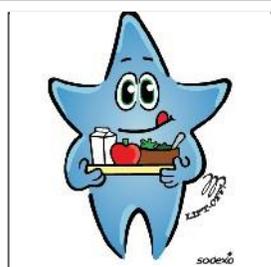
Avg Nutrients Cals... 554 Sodium. 907 mg T.Fat 17.8g 28.9%Cal

**29**  
Toasted Grilled Cheese, Spicy Chipotle Chicken Breast Burger, American Sub with Turkey Ham & American Cheese on Whole Grain Roll, Grilled Savory Chicken Dipper Salad, Wheat Dinner Roll Spinach Salad Mix, Baby Carrots, Curried Chickpeas, Cucumber Slices, Diced Tomatoes, Fresh Apples, Chilled Pineapple

**30**  
Baked Penne with Creamy Tomato Sauce, Roll, Alaskan Pollock Po' Boy Sub, Asian Chicken Wrap with Mandarin Oranges & Sesame, Roasted Turkey on Whole Grain Roll, Caesar Salad Mix, Baby Carrots, Curried Chickpeas, Roasted Corn, Diced Tomatoes, Bananas, Orange Smiles

**31**  
Hawaiian style Pizza, Classic Cheese Pizza  
Thanksgiving Wrap with Turkey & Cranberry  
Grilled Savory Chicken Dipper Salad, Wheat Dinner Roll Spinach Salad Mix, Korean Carrots, Curried Chickpeas, Cucumber Slices, Roasted Butternut Squash, Fresh Apples, Raisins

Blank separator line



Avg Nutrients Cals... 579 Sodium. 1097 mg T.Fat 20.5g 31.9%Cal

## Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all food groups, at least 50% or more of the grains are whole grain rich and students are required to take at least 1/2 cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!

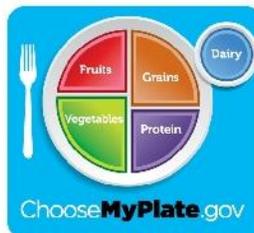


Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffstplayground.com](http://www.liftoffstplayground.com)

## Build Your Plate the Balanced Way

When building your dinner plate at home, try using the image on the right to build your plate the balanced way.



- Start with the fruits and vegetables. Fill at least 50% of your plate with fruits and vegetables. Focus on non-starchy vegetables that are high in water content and fiber such as dark leafy green vegetables, carrots, cucumber, orange wedges and grapes.
- Add fiber-rich grains or starchy vegetables to your plate. Position whole grain rice, pasta, or breads and/or starchy vegetables such as corn, beans, peas and potatoes on 25% of your plate.
- Portion the protein-rich foods on the remaining 25% of the plate. Select lean protein foods such as fish (not fried), chicken or turkey (white meat, without skin), beans and lentils, eggs, low fat dairy, nuts, and lean cuts of pork or beef (round and loin cuts are leanest).
- Finally, pour yourself a glass of 1% or non-fat milk, soy milk, or water to accompany your balanced meal.

Designing your plate consistent with the ChooseMyPlate image helps you focus on foods that fill you up, that are rich in nutrients and contain fewer calories. You actually end up eating more for fewer calories. It's so easy! You can eat a balanced meal whether you are at home, in school or in a restaurant. Just remember 50% fruits and vegetables, 25% wholesome grains and 25% lean protein.

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

### LEMONY RICE WITH RAISINS

- 1 tablespoon olive oil
- 1/2 cup onion, small dice
- 1/4 cup celery, medium dice
- 2 cups rice (basmati aromatic rice preferred)
- 4 cups chicken broth
- 1 tablespoon lemon juice
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- salt and pepper to taste
- 3/4 cup raisins
- 2 tablespoons fresh parsley

1. Prepare ingredients as directed.
2. In medium pan, saute the onion and celery in the olive oil for 2 minutes.
3. Add remaining ingredients except for the raisins.
4. Bring rice to a boil, cover and reduce heat to low for 20 minutes.
5. When rice is done cooking, fluff the rice with a fork and stir in the raisins.
6. Sprinkle the rice with parsley and serve



## **Nutrition Information**

**August 22<sup>nd</sup> - August 26<sup>th</sup>**

Week 1

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 08/22/2016	539	1138	17.19	28.71%	5.83	9.74%	0.00	0.00%
Tue - 08/23/2016	544	992	19.59	32.39%	6.91	11.42%	0.00	0.00%
Wed - 08/24/2016	584	783	22.05	33.98%	6.26	9.65%	0.00	0.00%
Thu - 08/25/2016	592	922	17.56	26.68%	5.25	7.98%	0.00	0.00%
Fri - 08/26/2016	516	810	12.64	22.05%	2.87	5.02%	0.00	0.00%
Weighted Average	555	929	17.80	28.87%	5.42	8.80%	0.00	0.00%

**Aug 29, 2016 thru Sep 2, 2016**

Week 2

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 08/29/2016	528	1267	21.70	36.98%	7.67	13.08%	0.00	0.00%
Tue - 08/30/2016	553	1016	15.48	25.19%	4.26	6.93%	0.00	0.00%
Wed - 08/31/2016	521	897	18.05	31.20%	5.99	10.36%	0.00	0.00%
Thu - 09/01/2016	638	1005	25.38	35.77%	7.17	10.11%	0.00	0.00%
Fri - 09/02/2016	644	1235	20.89	29.18%	5.94	8.30%	0.00	0.00%
Weighted Average	577	1084	20.30	31.67%	6.21	9.68%	0.00	0.00%

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**Planning and Nutritional Analysis software should not be used for NOTICE: The data contained within this report and the NUTRIKIDS® Menu and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**