

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
Cheeseburger Egg Patty with Sausage Carrots Assorted Fruit	Corn Dog Nuggets Chicken Patty French Fries Assorted Fruit	Chicken Cheesesteak Meatball Sub Green Beans Assorted Fruit	Cheese Quesadilla Bosco Sticks with Sauce Buttered Noodles Assorted Fruit	Cheesy Pizza BBQ Beef Sandwich Coleslaw Assorted Fruit

Meat & Cheese or PB&J Available Daily

9	10	11	12	13
Cheese Chicken & Rice Hot Dog French Fries Assorted Fruit	Chicken Tenders Dinner Roll Chicken Noodle Soup With Sandwich Peas Assorted Fruit	Macaroni with Meat Sauce Chicken Patty Corn Assorted Fruit	Italian Chicken Sandwich BBQ Chicken Sandwich Green Beans Assorted Fruit	Cheesy Pizza Ham & Cheese Sub Cucumber Salad Assorted Fruit


Menu Subject to Change

16	17	18	19	20
Cheeseburger Cheesy Casserole Carrots Assorted Fruit	Chicken Nuggets Dinner Roll BBQ Pork Sandwich Green Beans Assorted Fruit	General Tao's Chicken Over Rice Hot Dog Corn Assorted Fruit	Garlic Chicken Pasta Pretzel Melt French Fries Assorted Fruit	Cheesy Pizza Tuna Sandwich Tossed Salad Assorted Fruit

Meat & Cheese or PB&J Available Daily

23	24	25	26	27
Chicken & Cheese Tacos Cheeseburger Peas Assorted Fruit	Nachos with Cheese Hot Dog French Fries Assorted Fruit	Cheese Ravioli Dinner Roll Chicken Tenders Mixed Vegetables Assorted Fruit	Salisbury Steak Chicken Patty Corn Assorted Fruit	Cheesy Pizza Yogurt Boat Coleslaw Assorted Fruit

Menu Subject to Change

31			
 Chicken & Dumplings Popcorn Chicken Dinner Roll Broccoli Assorted Fruit			

Meat & Cheese or PB&J Available Daily

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.

liffosplayground.com

BREAKFAST

May 2022

MONDAY: Pound Cake, Muffins, Yogurt, Pop-Tart, Cereal Bar

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Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ¼ 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.

May 2022
Menu Subject to Change

Nutrition Information is available upon request.

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