

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage & Pancake on a Stick 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal	1 - Ham, Egg & Cheese Bagel* 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie w/Muffin 3 - Assorted Cereal
1 - Egg & Cheese Biscuit 2 - Poptart & Cheese Stick 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Cinni's 2 - Assorted Muffins 3 - Assorted Cereal	1 - Sausage & Cheese Croissant* 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Waffles 2 - Chocolate Crescents 3 - Assorted Cereal
No School	1 - Sausage Pancake on a Stick* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Bagels 2 - Assorted Muffin & Yogurt 3 - Assorted Cereal	1 - Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Waffles 2 - Yogurt Cup & Gripz 3 - Assorted Cereal & Cereal Bars
1 - Fruit Frudel 2 - Assorted Yogurt 3 - Assorted Cereal or Cereal Bar	1 - Bacon & Egg Biscuit* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini French Toast 2 - Nutrigrain Bar 3 - Assorted Cereal & Cereal Bars	1 - Ham, Egg & Cheese Bagel* 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Confetti Pancakes 2 - Chocolate Crescents 3 - Assorted Cereal & Cereal Bars
Fresh Fruit offered daily			1% white and chocolate milk offered daily	

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon cantaloupe mixture onto the lettuce. Garnish with mint or parsley.

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