



## Healthy Eating on the Go Game



### How to Win

Be an instant winner by selecting healthy foods from all the food groups. Your prize? A strong mind and body!

### How to Play

For meals on the go: select foods from all of the food groups. For snacks on the go: select foods from at least two food groups per snack.

### • Food Group Pieces

**Milk** — A nutrient-rich food full of calcium and protein to help your teeth and bones grow big and strong. Includes low-fat and non-fat milk, yogurt and cheese.

- **Protein Foods** — lean proteins such as chicken, fish, low-fat cheese, nuts and beans can help sustain blood sugar levels between meals and help build strong muscles.
- **Grains** — Select whole grain breads, brown rice and fiber-rich cereals. Wholesome grains contain plenty of B vitamins and help boost your energy for mental and physical alertness.
- **Fruits and Vegetables** — Are foods rich in vitamins, minerals and antioxidants — all nutrients that help keep your immune system strong.



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.liftoffsplyground.com](http://www.liftoffsplyground.com)



Nutrition • Achievement • Environment • Community • Activity

### Kids Way Café Elementary Breakfast Weekly Cycle Menu May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Entrees:</b> Scrambled Eggs &amp; Turkey Sausage</p> <p>Assorted Cereal w/Wheat Toast</p> <p>Sausage Roll</p> <p>Yogurt Fruit Cup w/Graham Crackers</p>	<p><b>Entrees:</b> Chicken Biscuit w/Honey</p> <p>Assorted Cereal w/Wheat Toast</p> <p>Waffle Sticks</p> <p>Cinnamon Brown Sugar Oatmeal</p>	<p><b>Entrees:</b> Egg &amp; Cheese Taco</p> <p>Assorted Cereal w/Wheat Toast</p> <p>Whole Grain Banana Muffin</p> <p>Yogurt Fruit Cup w/Graham Crackers</p>	<p><b>Entrees:</b> Egg &amp; Bacon English Muffin</p> <p>Assorted Cereal w/Wheat Toast</p> <p>Strawberry Nutrigrain Bar</p> <p>Mini Cinnamon Roll w/Yogurt</p>	<p><b>Entrees:</b> Egg &amp; Cheese Biscuit</p> <p>Assorted Cereal w/Wheat Toast</p> <p>Whole Grain Blueberry Muffin</p> <p>Yogurt Fruit Cup w/Graham Crackers</p>
<p><b>Sides of the Day:</b> Wheat Toast Fresh Apples Fresh Oranges Fresh Bananas Peaches Assorted Juices</p>	<p><b>Sides of the Day:</b> Wheat Toast Fresh Apples Fresh Oranges Fresh Bananas Pineapple Tidbits Assorted Juices</p>	<p><b>Sides of the Day:</b> Wheat Toast Fresh Apples Fresh Oranges Fresh Bananas Pears Assorted Juices</p>	<p><b>Sides of the Day:</b> Wheat Toast Fresh Apples Fresh Oranges Fresh Bananas Applesauce Assorted Juices</p>	<p><b>Sides of the Day:</b> Wheat Toast Fresh Apples Fresh Oranges Fresh Bananas Mixed Fruit Assorted Juices</p>
<p><b>Milk Beverages:</b> 1% White &amp; Fat Free Chocolate Milk</p>	<p><b>Milk Beverages:</b> 1% White &amp; Fat Free Chocolate Milk</p>	<p><b>Milk Beverages:</b> 1% White &amp; Fat Free Chocolate Milk</p>	<p><b>Milk Beverages:</b> 1% White &amp; Fat Free Chocolate Milk</p>	<p><b>Milk Beverages:</b> 1% White &amp; Fat Free Chocolate Milk</p>

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/>

### 2011 Future Chef Finalist German Yogurt Fruities Lena Barthel – Columbia, SC Yields: 4 servings

1 Banana, diced  
1 Nectarine, diced  
1 Orange, divided into segments  
1 Apple, diced  
25 Seedless Grapes, halved  
16 oz Non-Fat Plain Yogurt  
3 TBSP Sugar  
Dash Vanilla Extract  
1 cup Granola

**Directions:** Lightly mix fruit in mixing bowl. In another bowl, mix yogurt, sugar and vanilla. In four glasses, layer yogurt then fruit. Repeat until mixtures are gone. Sprinkle tops with granola. Enjoy! For extra snacking fun, replace granola with a crunchy granola bar and use the granola bar as your spoon.

**Nutrition information for one serving:**  
289 Calories; 2.5g Total Fat, 63g Total Carbohydrates, 4.5g Dietary Fiber, 6.7g Protein and 118mg Sodium.

*All menus are subject to change*

# MAY 2012

# Kids Way Cafe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Fast Take Ham Lunchable ☼ Chicken Caesar Wrap Chicken Rings &amp; WG Roll ☼ Turkey Tamale Pie ☼ Grilled Cheese on Wheat (V)</p> <p>Green Beans Cinnamon Apples Mashed Potatoes Fresh Broccoli Florets Chilled Peaches</p>	<p>1</p> <p>Buffalo Chicken Salad Turkey &amp; Cheese on Wheat ☼ Veggie Quesadilla ☼ WW Pasta Carbonara ☼ Cheese Stuffed Breadstick w/Marinara (V) Streamed Broccoli Cuts Pinto Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>2</p> <p>Popeye Spinach Salad w/Pretzel Twists (V) Combo Sub on Wheat ☼ WG Mac &amp; Cheese (V) Chicken Tacos Hamburger on Wheat</p> <p>Southwest Roasted Vegetables Spanish Brown Rice Sliced Cucumbers Chilled Pears</p>	<p>3</p> <p>Fruit &amp; Yogurt Plate w/ Graham Crackers (V) ☼ Ham &amp; Cheese on Wheat ☼ Beef &amp; Broccoli Stir Fry ☼ WG Pasta Marinara (V) ☼ Turkey Hot Dog</p> <p>Citrus Glazed Carrots Stir Fried Brown Rice Fresh Celery Applesauce</p>	<p>4</p> <p>Chicken Caesar Salad ☼ Popcorn Chicken Wrap Crunchy Fish Sticks ☼ Harvest Cheese Pizza (V) <b>*Managers Special</b></p> <p>Garden Peas Whipped Sweet Potatoes Mixed Fresh Vegetables Mixed Fruit</p>
<p>7</p> <p>Chunky Chicken Salad w/Crackers ☼ Hot Italian Sub on Wheat ☼ Chicken Rings &amp; WG Roll ☼ Chicken Spaghetti ☼ Bean &amp; Cheese Tostadas (V) Green Beans Cinnamon Apples Mashed Potatoes Fresh Broccoli Florets Chilled Peaches</p>	<p>8</p> <p>Fruit &amp; Cheese Plate w/Graham Crackers (V) ☼ Chicken Fajita Wrap Cheese Ravioli (V) ☼ Sloppy Joe on Wheat Cheese Stuffed Breadstick w/Marinara (V) Sauteed Squash &amp; Zucchini Pinto Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>9</p> <p>Popcorn Chicken Salad Turkey &amp; Cheese on Wheat ☼ Bean &amp; Cheese Burrito (V) ☼ Chicken Pot Pie Cheeseburger on Wheat</p> <p>Garden Peas Baked Sweet Potato Puffs Sliced Cucumber Chilled Pears</p>	<p>10</p> <p>Cobb Salad w/ Crackers ☼ Fresh Veggie Wrap (V) ☼ Roasted Chicken &amp; WG Roll Vegetable Lo Mein (V) ☼ Turkey Hot Dog</p> <p>Steamed Vegetable Blend Golden Corn Asian Cucumber Salad Fresh Celery Applesauce</p>	<p>11</p> <p>Crisp Garden Salad w/ WG Roll (V) ☼ Turkey Bacon Club Wrap Fish Patty on Wheat Harvest Cheese Pizza (V) <b>*Manager's Special</b></p> <p>Steamed Broccoli Citrus Rice Pilaf Mixed Fresh Vegetables Mixed Fruit</p>
<p>14</p> <p>Fast Take Ham Lunchable ☼ Combo Sub on Wheat ☼ Chicken Rings &amp; WG Roll ☼ Philly Cheesesteak Pasta Marinara (V) ☼</p> <p>Green Beans Cinnamon Apples Mashed Potatoes Fresh Broccoli Florets Chilled Peaches</p>	<p>15</p> <p>Chef Salad ☼ Ham &amp; Cheese on Wheat ☼ Crunchy Tacos Lasagna Roll-Ups (V) ☼ Cheese Stuffed Breadstick w/Marinara (V)</p> <p>Italian Roasted Vegetables Aztec Corn Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>16</p> <p>Tuna Salad w/Crackers ☼ Turkey BLT Wrap Chili Frito Pie Pasta Alfredo (V) ☼ Hamburger on Wheat</p> <p>Steamed Broccoli Blend Brown Rice &amp; Pinto Beans Sliced Cucumbers Chilled Pears</p>	<p>17</p> <p>Minnie Mouse Salad w/Crackers (V) ☼ Popcorn Chicken Wrap Bean &amp; Cheese Burrito (V) ☼ Zesty Orange Chicken Turkey Hotdog</p> <p>Vegetable Stir Fry Stir Fry Brown Rice Fresh Celery Applesauce</p>	<p>18</p> <p>Chicken Caesar Salad ☼ Turkey &amp; Cheese on Wheat ☼ Fish Patty on Wheat Harvest Cheese Pizza (V) <b>*Manager's Special</b></p> <p>Southwest Roasted Vegetables Charro Beans Fresh Mixed Vegetables Mixed Fruit</p>
<p>21</p> <p>Popeye Spinach Salad w/WG Roll (V) Chicken Salad Wrap ☼ Chicken Rings &amp; WG Roll ☼ Cheese Quesadilla (V) Open Face Meatloaf Sandwich ☼ Green Beans Baked Sweet Potatoes &amp; Apples Mashed Potatoes Fresh Broccoli Florets</p>	<p>22</p> <p>Fruit &amp; Yogurt Plate w/ Graham Crackers (V) ☼ Ham &amp; Cheese on Wheat ☼ WW Turkey Tetrazzini ☼ Pork BBQ Dippers &amp; WG Roll Cheese Stuffed Breadstick w/ Marinara (V) Sauteed Squash &amp; Zucchini Vegetarian Baked Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>23</p> <p>Cobb Salad w/Wheat Breadstick ☼ Fiesta Wrap (V) ☼ Roasted Chicken &amp; Wheat Breadstick Chicken Enchilada Bake Cheeseburger on Wheat Garden Peas Herb Roasted Carrots Sliced Cucumbers Chilled Pears</p>	<p>24</p> <p>Crisp Garden Salad w/WG Pretzel Rod (V) ☼ Chicken Caesar Wrap WG Beefy Mac ☼ Chicken Potato Bowl ☼ Turkey Hotdog</p> <p>Southern Green Beans Golden Corn Fresh Celery Applesauce</p>	<p>25</p> <p>Turkey BLT Salad Combo Sub on Wheat ☼ Chicken Patty on Wheat ☼ Harvest Cheese Pizza (V) <b>*Manager's Special</b></p> <p>Steamed Broccoli Blend Seasoned Black Beans Fresh Mixed Vegetables Mixed Fruit</p>
<p>28</p> <p><b>Student Holiday</b></p>	<p>29</p> <p>Yogurt &amp; 1/2 Sandwich ☼ Shredded BBQ on Wheat ☼ Cheese Stuffed Breadstick w/Marinara (V) <b>*Managers Special</b></p> <p>Golden Corn Vegetarian Baked Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>30</p> <p>Fruit &amp; Cheese Plate w/ WG Goldfish Crackers (V) ☼ WG Pancake on a Stick ☼ Hamburger on Wheat <b>*Managers Special</b></p> <p>Steamed Broccoli Cuts Baked Sweet Potato Puffs Sliced Cucumbers Chilled Pears</p>	<p>31</p> <p>Early Release</p> <p>Fun on the Run Lunch</p> <p>Sandwich, Fresh Fruit &amp; Veggie, Baked Chip, WG Cookie</p>	

All cafeterias offer fresh apples, oranges, and bananas as a side option with each meal



The Lift Off character denotes an entrée with less than 30% of calories from fat or 12 grams or less of total fat per serving. (V) after an entrée denotes a vegetarian item.

**Menu is subject to change.**



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