

Snacking and Kids Go Hand-in-Hand

Kids need regular meals and snacks for optimal performance and development. Just like breakfast in the morning and lunch in the middle of the day, this is true for snacks after school. Afterschool snacks are important when kids eat an early lunch and when their dinner may be late. Here are a few tips to help provide your child with nutritious afterschool snacks:

- Pick at least two food groups per snack: vegetables, fruits, proteins, grains and/or dairy.
- Remember it's a snack and not a full meal, so watch the portion sizes. One half of a sandwich and a small piece of fruit would make a great afterschool snack or mini meal.
- Snack time is a great time to try new foods. Try hummus, nut butters, broccolini, purple cauliflower, baked apples or frozen 100% juice bars.
- Invite kids to help invent and prepare new snacks, such as a trail mix made with dried fruits and whole grain cereals.
- Give a healthy spin on favorite treats. Try baked sweet potato wedges instead of fried French fries.
- Focus on snacking on vegetables, fruits, whole grains and choosing lean proteins and low-fat milk.
- Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk.



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.liftoffsp playground.com



Nutrition • Achievement • Environment • Community • Activity

Kids Way Café Elementary Breakfast Weekly Cycle Menu January 2012

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

Safiya Armstrong – Oklahoma City, OK
Yields: 2 servings

Sauce

8 oz Low-Fat Plain Yogurt
1 TBSP Honey
1/4 tsp Cinnamon
1/4 tsp Vanilla

Directions: Mix all ingredients together and set aside.

1/2 cup Cucumbers, diced
1/2 cup Frozen Grapes, chopped
1/2 cup Mandarin Oranges
1/2 cup Blueberries
2 TBSP Nuts

Directions: Mix cucumbers and fruit together. Stir in sauce and top with nuts.

Nutrition information for one serving:
243 Calories; 5g Total Fat,
44g Total Carbohydrates,
2.5 g Dietary Fiber, 6.5g Protein
and 87mg Sodium.

All menus are subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Student Holiday</p>	<p>3</p> <p>Fruit & Yogurt Plate w/Graham Crackers (V) 🍴 Ham & Cheese Sandwich 🍴 WW Turkey Tetrazzini 🍴 Pork BBQ Dippers & WG Roll Cheese Stuffed Breadstick w/Marinara (V) Sautéed Squash & Zucchini Ranch Style Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>4</p> <p>Cobb Salad w/Pretzel Twists 🍴 Fiesta Wrap (V) Roasted Chicken Cheeseburger on Wheat Chicken Enchilada Bake Garden Peas Cilantro Brown Rice Sliced Cucumbers Chilled Pears</p>	<p>5</p> <p>Crisp Garden Salad w/Whole Grain Pretzel Rod (V) 🍴 Chicken Caesar Wrap 🍴 WG Beefy Mac Turkey Hot Dog Chicken Potato Bowl 🍴 Sautéed Spinach & Peppers Golden Corn Fresh Celery Applesauce</p>	<p>6</p> <p>Turkey BLT Salad Combo Sub 🍴 Fish Tacos 🍴 Chicken Patty on Wheat 🍴 Harvest Cheese Pizza (V) Southwest Roasted Vegetables Charro Beans Fresh Mixed Vegetables Mixed Fruit</p>
<p>9</p> <p>Tuna Salad w/Crackers Turkey BLT Wrap Chicken Rings & WG Roll 🍴 Bean & Cheese Burrito (V) 🍴 Meatball Sub on Wheat Green Beans Cinnamon Apples Mashed Potatoes Fresh Broccoli Florets Chilled Peaches</p>	<p>10</p> <p>Peppi Pizza Salad w/ Wheat Breadstick 🍴 Yogurt & 1/2 Sandwich 🍴 Eggplant Parmesan (V) 🍴 Shredded BBQ on Wheat 🍴 Cheese Stuffed Breadstick w/Marinara (V) Italian Roasted Vegetables Vegetarian Baked Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>11</p> <p>Fruit & Cheese Plate w/Graham Crackers (V) 🍴 Chicken Salad Wrap 🍴 WG Chicken Spaghetti Pancake on a Stick Hamburger on Wheat Sautéed Spinach and Peppers Baked Sweet Potato Fries Sliced Cucumbers Chilled Pears</p>	<p>12</p> <p>Popcorn Chicken Salad Fresh Veggie Wrap (V) 🍴 Egg Roll & Rice 🍴 Taco Loco Salad Turkey Hot Dog Steamed Vegetable Blend Stir Fry Brown Rice Fresh Celery Applesauce</p>	<p>13</p> <p>Chef Salad W/Crackers 🍴 Combo Sub on Wheat 🍴 Fish Patty on Wheat 🍴 Turkey & Gravy w/Rice & WG Biscuit 🍴 Harvest Cheese Pizza (V) *Mandarin Orange Parfait* Spinach Side Salad Brown Rice w/Peas & Carrots Mixed Fresh Vegetables Mixed Fruit</p>
<p>16</p> <p>Student Holiday</p>	<p>17</p> <p>Buffalo Chicken Salad 🍴 Turkey & Cheese Sandwich 🍴 Veggie Quesadilla (V) WW Pasta Carbonara 🍴 Cheese Stuffed Breadstick w/Marinara (V) Steamed Broccoli Mexican Black Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>18</p> <p>Popeye Spinach Salad w/Pretzel Twists (V) Combo Sub on Wheat 🍴 WG Mac & Cheese (V) 🍴 Chicken Tacos Cheeseburger on Wheat Southwest Roasted Vegetables Spanish Brown Rice Sliced Cucumbers Chilled Pears</p>	<p>19</p> <p>Fruit & Yogurt Plate w/Graham Crackers (V) 🍴 Ham & Cheese Sandwich 🍴 Beef & Broccoli Stir Fry 🍴 WG Pasta Marinara (V) 🍴 Turkey Hot Dog Herb Roasted Carrots Stir Fry Brown Rice Fresh Celery Applesauce</p>	<p>20</p> <p>Chicken Caesar Salad 🍴 Popcorn Chicken Wrap WG Baked Ziti Crunchy Fish Sticks 🍴 Harvest Cheese Pizza (V) Whipped Sweet Potatoes Garden Peas Mixed Fresh Vegetables Mixed Fruit</p>
<p>23</p> <p>Chunky Chicken Salad w/Crackers Hot Italian Sub on Wheat 🍴 Chicken Rings & WG Roll 🍴 Bean & Cheese Tostadas (V) 🍴 WG Chicken Spaghetti 🍴 Green Beans Cinnamon Apples Mashed Potatoes Fresh Broccoli Florets Chilled Peaches</p>	<p>24</p> <p>Fruit & Yogurt Plate w/ Graham Crackers (V) 🍴 Chicken Fajita Wrap 🍴 WW Spaghetti & Meatballs 🍴 Sloppy Joe on Wheat Cheese Stuffed Breadstick w/Marinara (V) Sautéed Squash & Zucchini Ranch Style Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>25</p> <p>Popcorn Chicken Salad Garden Vegetable Soup & WG Breadstick (V) 🍴 Chicken Pot Pie 🍴 Hamburger on Wheat Garden Peas Baked Sweet Potato Puffs Sliced Cucumbers Chilled Pears</p>	<p>26</p> <p>Cobb Salad w/Crackers 🍴 Funky Fiesta Wrap (V) 🍴 Roasted Chicken Vegetable Lo Mein (V) 🍴 Turkey Hot Dog Steamed Vegetable Blend Golden Corn Fresh Celery Applesauce</p>	<p>27</p> <p>Crisp Garden Salad w/Crackers (V) Turkey Bacon Club Wrap Chicken Patty on Wheat 🍴 Turkey & Gravy w/Rice & WG Biscuit 🍴 Harvest Cheese Pizza (V) *Mandarin Orange Parfait* Spinach Side Salad Brown Rice w/Peas & Carrots Mixed Fresh Vegetables Mixed Fruit</p>
<p>30</p> <p>Fast Take Ham Lunchable Combo Sub on Wheat 🍴 Chicken Rings & WG Roll 🍴 Philly Cheesesteak Pasta Marinara (V) 🍴 Green Beans Cinnamon Apples Mashed Potatoes Fresh Broccoli Florets Chilled Peaches</p>	<p>31</p> <p>Chef Salad 🍴 Ham & Cheese Sandwich 🍴 Crispy Beef Tacos Chicken Bruschetta Sub Cheese Stuffed Breadstick w/Marinara (V) Italian Roasted Vegetables Mexican Refried Beans Fresh Cauliflower Florets Pineapple Tidbits</p>	<p>2/1</p> <p>Tuna Salad w/Crackers Turkey BLT Wrap Frito Pie Pasta Alfredo (V) 🍴 Cheeseburger on Wheat Creamy Coleslaw Brown Rice & Pinto Beans Sliced Cucumbers Chilled Pears</p>	<p>2</p> <p>Minnie Mouse Salad w/Crackers (V) 🍴 Popcorn Chicken Wrap Chicken Fried Steak Sandwich Orange Style Meatballs 🍴 Turkey Hot Dog Sautéed Spinach & Peppers Stir Fry Brown Rice Fresh Celery Applesauce</p>	<p>3</p> <p>Chicken Caesar Salad 🍴 Turkey & Cheese Sandwich 🍴 Fish Patty on Wheat 🍴 WG Chicken Burrito Harvest Cheese Pizza (V) Charro Beans Southwestern Veggies Fresh Mixed Vegetables Mixed Fruit</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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