

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEATLESS MONDAYS 3
 MUST SELECT ONE:
 #1 POPCORN CHICKEN WITH BREADSTICK
 #2 HUMMUS VEGETABLE WRAP
 #3 GARDEN SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 FRESH APPLE
 CHILLED FRUIT
 GLAZED CARROTS
 MAY SELECT ONE: MILK

MUST SELECT ONE: 4
 #1 BBQ PORK OVER STEAMED RICE
 #2 TURKEY W/ LETTUCE ON WHOLE WHEAT ROLL
 #3 CHICKEN CAESAR SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 SLICED CUCUMBERS WITH DIP
 CHILLED FRUIT
 FRESH PEACH
 MAY SELECT ONE: MILK

MUST SELECT ONE: 5
 #1 CHEESEBURGER
 #2 HAM AND CHEESE ON WHOLE WHEAT SUB
 #3 CHICKEN CAESAR SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 FRESH GRAPES
 CHILLED FRUIT
 PASTA SALAD
 MAY SELECT ONE: MILK

MUST SELECT ONE: 6
 #1 MAC AND CHEESE WITH WHOLE WHEAT DINNER ROLL
 #2 TUNA ON WHOLE WHEAT ROLL
 #3 CHICKEN CAESAR SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 STRAWBERRIES
 LOCAL CHERRY
 TOMATOES W/ DIP
 CHILLED FRUIT
 MAY SELECT ONE: MILK

MUST SELECT ONE: 7
 #1 BIG DADDY CHEESE PIZZA
 #2 SOFT PRETZEL AND 4OZ. YOGURT
 #3 CHICKEN CAESAR SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 *ROMAINE SALAD WITH GRAPES
 FRESH ORANGE
 MAY SELECT ONE: MILK
 *PRODUCE OF THE MONTH

Week 1: (nutrition average): Calories 659, Cholesterol 44mg, Sodium 1146mg, Fiber 7.53g, Iron 3.44mg, Calcium 573.03mg, Vitamin A 3947 IU, Vitamin C 30.30mg, Protein 29.30g, Carbohydrate 94.88g, Total Fat 18.79g, Saturated Fat 6.86g

NO SCHOOL 10

MUST SELECT ONE: 11
 #1 HOT DOG
 #2 MEATBALL SUB ON WHOLE WHEAT ROLL
 #3 CHEF SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 FRESH APPLE
 CHILLED FRUIT
 SUGAR SNAP PEAS
 MAY SELECT ONE: MILK

MUST SELECT ONE: 12
 #1 BREAKFAST FOR LUNCH EGG, AND CHEESE SANDWICH ON ENGLISH MUFFIN
 #2 BBQ CHICKEN WRAP
 #3 CHEF SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 ANIMAL CRACKER
 CHILLED FRUIT
 HOME FRIES
 MAY SELECT ONE: MILK

MUST SELECT ONE: 13
 #1 BEEF NACHOS W OR W/O CHEESE SAUCE AND SALSA
 #2 CHICKEN SALAD ON WHOLE WHEAT ROLL
 #3 CHEF SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 MEXICAN STYLE CORN AND BEANS
 CHILLED FRUIT
 TOSSED SALAD WITH DRESSING
 MAY SELECT ONE: MILK

MUST SELECT ONE: 14
 #1 BIG DADDY CHEESE PIZZA
 #2 BAGEL W/ CREAM CHEESE & 4OZ. YOGURT
 #3 CHEF SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 STRAWBERRIES
 CHILLED FRUIT
 BROCCOLI WITH DIP
 MAY SELECT ONE: MILK

Week 2: (nutrition average): Calories 667, Cholesterol 82mg, Sodium 1401mg, Fiber 8.64g, Iron 4.81mg, Calcium 544.40mg, Vitamin A 2019 IU, Vitamin C 34.98mg, Protein 31.24g, Carbohydrate 92.73g, Total Fat 20.14g, Saturated Fat 7.44g

MEATLESS MONDAYS 17
 MUST SELECT ONE:
 #1 ITALIAN CHEESE STUFFED DUNKERS W/ MARINARA SAUCE
 #2 HUMMUS VEGETABLE WRAP
 #3 GARDEN SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 MARINATED GREEN BEANS
 CHILLED FRUIT
 FRESH GRAPES
 MAY SELECT ONE: MILK
 *PRODUCE OF THE MONTH

MUST SELECT ONE: 18
 #1 GENERAL TSO CHICKEN WITH STEAMED RICE AND FORTUNE COOKIE
 #2 HAM & CHEESE ON WHEAT BULKIE
 #3 TUNA AND GRAPE SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 PINEAPPLE SPEARS
 TOSSED SALAD WITH DRESSING
 CHILLED FRUIT
 MAY SELECT ONE: MILK
 *PRODUCE OF THE MONTH

MUST SELECT ONE: 19
 #1 PASTA W/ MEATBALLS
 #2 CHICKEN BACON RANCH WRAP
 #3 TUNA AND GRAPE SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 FRESH ZUCCHINI WITH DIP
 STRAWBERRIES
 MAY SELECT ONE: MILK
 *PRODUCE OF THE MONTH

MUST SELECT ONE: 20
 #1 CHICKEN PATTY SANDWICH
 #2 TURKEY ON A WHOLE WHEAT ROLL WITH LETTUCE
 #3 TUNA AND GRAPE SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 HONEY CHIPOTLE SWEET POTATO MASH
 CHILLED FRUIT
 FRESH BANANA
 MAY SELECT ONE: MILK
 *PRODUCE OF THE MONTH

MUST SELECT ONE: 21
 #1 BIG DADDY CHEESE PIZZA
 #2 SOFT PRETZEL AND 4OZ. YOGURT
 #3 TUNA AND GRAPE SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CELERY STICKS WITH DIP
 CHILLED FRUIT
 FRESH PEACH
 MAY SELECT ONE: MILK
 *PRODUCE OF THE MONTH

Week 3: (nutrition average): Calories 670, Cholesterol 65mg, Sodium 1105mg, Fiber 8.00g, Iron 4.35mg, Calcium 528.14mg, Vitamin A 5167 IU, Vitamin C 48.76mg, Protein 33.60g, Carbohydrate 96.40g, Total Fat 17.32g, Saturated Fat 6.61g

MEATLESS MONDAYS 24
 MUST SELECT ONE:
 #1 POPCORN CHICKEN WITH WHEAT ITALIAN BREAD
 #2 HUMMUS VEGETABLE WRAP
 #3 GARDEN SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 OVEN FRIES
 FRESH PEARS
 MAY SELECT ONE: MILK

MUST SELECT ONE: 25
 #1 SHEPARD'S PIE WITH BROWN GRAVY AND ROLL
 #2 HAM AND TURKEY WITH LETTUCE ON WHOLE WHEAT ROLL
 #3 CHICKEN BLT SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 FRESH APPLE
 CHILLED FRUIT
 BELL PEPPERS WITH DIP
 MAY SELECT ONE: MILK

MUST SELECT ONE: 26
 #1 BREAKFAST FOR LUNCH FRENCH TOAST STIX W/ SYRUP AND EGG
 #2 TUNA ON WHOLE WHEAT WRAP WITH LETTUCE
 #3 CHICKEN BLT SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 BAKED CINNAMON APPLES
 FRESH BANANA
 MAY SELECT ONE: MILK

MUST SELECT ONE: 27
 #1 PASTA AND MEAT SAUCE WITH WHOLE WHEAT ROLL
 #2 CHICKEN SALAD ON WHOLE WHEAT ROLL WITH LETTUCE
 #3 CHICKEN BLT SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 TOSSED SALAD WITH DRESSING
 JELLO WITH TOPPING
 MAY SELECT ONE: MILK
 *LUCKY TRAY DAY

MUST SELECT ONE: 28
 #1 BIG DADDY CHEESE PIZZA
 #2 BAGEL W/ CREAM CHEESE & 4OZ. YOGURT
 #3 CHICKEN BLT SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 STRAWBERRIES
 BABY CARROTS WITH DIP
 MAY SELECT ONE: MILK

Week 4: (nutrition average): Calories 665, Cholesterol 70mg, Sodium 884mg, Fiber 7.83g, Iron 3.81mg, Calcium 454.76mg, Vitamin A 3174 IU, Vitamin C 32.43mg, Protein 26.92g, Carbohydrate 102.96g, Total Fat 17.10g, Saturated Fat 6.20g

MEATLESS MONDAYS 31
 MUST SELECT ONE:
 #1 POPCORN CHICKEN
 #2 HUMMUS VEGETABLE WRAP
 #3 GARDEN SALAD
 #4 CHEESE SANDWICH
 MAY SELECT UP TO THREE:
 CHILLED FRUIT
 GREEN BEANS
 PUMPKIN COOKIE
 MAY SELECT ONE: MILK

SODEXO SERVICES IS PROUD TO SERVE THE STUDENTS OF THE CRANSTON SCHOOL DISTRICT
 OUR OFFICE NUMBER IS 401-270-8685
 LYNNE R. CONCA
 GENERAL MANAGER

INTRODUCING MY MONDAYS
 "MY MONDAYS" IS A CAMPAIGN TO OUR ELEMENTARY STUDENTS, ENCOURAGING THEM TO CHOOSE A VEGETARIAN MEAL ONCE A WEEK ON MONDAYS!

PRODUCE OF THE MONTH: GRAPES
 SERVED OCT. 7TH AND WEEK OF OCT. 17TH - 21ST
 THE AVERAGE PERSON EATS EIGHT POUNDS OF GRAPES A YEAR! CALIFORNIA PRODUCES 98% OF THE FRESH GRAPES GROWN IN THE UNITED STATES. THERE ARE MORE THAN 70 VARIETIES OF FRESH GRAPES GROWN IN CALIFORNIA, AND EACH VARIETY HAS CHARACTERISTICS AND FLAVORS OF ITS OWN.

LUCKY TRAY DAY
 OCTOBER 27TH
 ANYONE THAT PARTICIPATES IN THE LUNCH PROGRAM IS ENTERED TO WIN A COOL PRIZE LOOK ON THE BACK OF YOUR LUNCH TRAY TO FIND THE WINNING STICKER.
 A VARIETY OF FRUIT IS SERVED ON A DAILY BASIS



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Join the Healthy Monday Campaign

Research results have indicated that people are more likely to change their behavior on Monday. For many people the beginning of the week is an ideal time to start an exercise program, improve their eating behaviors or quit smoking. This month we are encouraging all students to embrace Mondays and commit to making healthier food choices. Our focus this month is on trying more plant-based foods.

We will be promoting more of our vegetarian and plant-based options consistent with the Meatless Monday campaign. Meatless Monday is an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. It is an initiative of The Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to a plant based diet include reduced risk of heart disease, some cancers, diabetes and obesity. As a country, reducing the risks associated with these diet-related illnesses allows for individual and national healthcare savings. Eating plant-based foods is not only good for our body, but also good for the planet! Choosing meatless choices reduces our carbon footprint, water usage and fuel consumption. So *what are you waiting for? Give meatless meals a try today!*

my
Mondays



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.liftoffisplayground.com



Nutrition • Achievement • Environment • Community • Activity

Breakfast

DAILY MENU

MUST SELECT ONE:

(SECTION A)

MUFFIN – 1 EACH
CEREAL – 1 EACH
YOGURT AND GRAHAM CRACKER – 1 EACH
BREAKFAST BAR – 1 EACH
BAGEL W/WO CREAM CHEESE – 1 EACH

MAY SELECT UP TO TWO:

(SECTION B)

4 OZ JUICE – APPLE OR ORANGE – 1 EACH
FRESH FRUIT – 1 EACH
CHILLED FRUIT – 1 EACH

MAY SELECT ONE:

(SECTION C)

WHITE MILK – 1 EACH

CHOICES

MUFFINS:

BLUEBERRY, CORN, CHOCOLATE CHIP

CEREAL:

HONEY KIX, CHEERIOS, RICE KRISPIES,
RAISIN BRAN, CHEX, FROSTED MINI WHEATS,
CORN FLAKES, REDUCED SUGAR-TRIX,
COCOA PUFFS, CINNAMON TOAST CRUNCH,
BERRY BERRY KIX

YOGURT AND GRAHAM CRACKERS

BREAKFAST BAR

CINNAMON MINI BUN

BAGEL W/WO CREAM CHEESE

APPLE & CHERRY FRUDEL

STUDENT MINIMUM

ONE ITEM FROM SECTION A AND ONE ITEM FROM SECTION B OR C

STUDENT MAXIMUM

ONE ITEM FROM SECTION A, TWO ITEMS FROM SECTION B, AND ONE FROM SECTION C

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

The Grapeapillar

Nathaniel Ottavi – Woonsocket, RI

Yields: 4 servings

20 leaves of spinach
4 TBSP fat free cream cheese
20 grapes
4 raisins
1/8 cup shaved coconut
8 almonds

Directions: Lay spinach on plate. Create the body of the grapeapillar by spreading cream cheese on the top side of grape and connecting the grapes together. Place grapeapillar on bed of spinach. Stick the shaved coconut on either side of the grapes as legs. Cut the raisin in half and place on the first grape as eyes. Stick the almonds on top of the first grape as antennas.

*Nutrition Information for one serving:
62 calories; 2.4 g total fat, 7 g total carbohydrates, 1.8 g dietary fiber, 4 g protein and 132 mg sodium.*

Making the Switch to Meatless

Instead Of...

Beef Tacos
Grilled Ham & Cheese Sandwich
Chili Con Carne
Spaghetti with Meatballs
Meat Lasagna
Chicken Stir-Fry
Chicken Fajitas

Try...

Replace beef with beans or textured vegetables protein made into "meat" granules
Sliced tomato and bell pepper instead of ham
Create it meatless style with pinto, kidney, bean beans or lentils
Replace meat with tofu, mushrooms or extra vegetables
Add Spinach, eggplant, tofu or extra vegetables in place of meat
Use Portobello mushrooms, plenty of vegetables, brown rice and nuts as tolerated
Use tempeh, broken into bite-size pieces, low-fat cheese and plenty of vegetables