

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Welcome Back!
All school meals for ALL
Students will be free
until June 30, 2021
Enjoy breakfast and
lunch daily



All school meals are comprised of five
components: Protein, Milk,
Vegetables, Fruit & Grains
STUDENTS MAY TAKE ALL FIVE
BUT MUST TAKE
THREE AND ONE MUST BE A
FRUIT OR VEGETABLE



4

FRIED DOUGH W/ SAUCE
OR
HAM & CHEESE MEAL

5

CHICKEN NUGGETS
W/ROLL
OR
CHEF SALAD/ROLL

6

HYBRID DAY
TURKEY & CHEESE ON ROLL

7

CHEESEBURGER
OR
TURKEY & CHEESE WRAP

8

PEPPERONI PIZZA
OR
MINNI MOUSE SALAD

11

BRUNCH FOR LUNCH
WAFFLES W/ SAUSAGE
OR
YOGURT PARFAIT MEAL

12

MEATBALL SUB PARMESAN
OR
BOLOGNA & CHEESE SANDWICH

13

HYBRID DAY
AMERICAN SUB ON ROLL

14

MACARONI & CHEESE
OR
HAM & CHEESE ON A ROLL

15

CHEESE PIZZA
OR
CHICKEN CAESAR SALAD

19

CHICKEN PATTY
OR
ITALIAN SUB

20

HYBRID DAY
HAM & CHEESE SUB

21

CHEESE PIZZA
OR
TURKEY & CHEESE SUB

22

BACON CHEESEBURGER
OR
BAGEL, YOGURT MEAL



25

HOT DOG W/ROLL
OR
MINNI MOUSE SALAD

26

CHICKEN PATTY /ROLL
OR
CHEF SALAD

27

HYBRID DAY
ITALIAN SUB MEAL

28

POPCORN CHICKEN /ROLL
OR
YOGURT PARFAIT BOX

29

CHEESE PIZZA
OR
CHICKEN BLT SALAD/ROLL

Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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

liffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL BREAKFAST MEALS COME WITH : FRUIT AND MILK ALL MEALS ARE FREE UNTIL JUNE 30, 2021</p>				
CHOCOLATE CHIP OATMEAL BAR	BAGEL WITH CREAM CHEESE	CEREAL W/ MILK GRAHAM CRACKERS	MUFFIN GRAHAM CRACKERS	CEREAL W/ MILK GRAHAM CRACKERS
POPART GRAHAM CRACKERS	CEREAL W/ MILK GRAHAM CRACK- ERS	BANANA BREAD SLICE GRAHAM CRACKERS	MINNI CINNI GRAHAM CRACKERS	BAGEL W/ CREAM CHEESE
MARTIN LUTHER KING DAY NO SCHOOL !	MUFFIN W/ GRAHAM CRACK- ERS	POPART GRAHAM CRACKERS	BANANA BREAD SLICE GRAHAM CRACKERS	BAGEL W/ CREAM CHEESE
MINNI CINNIS GRAHAM CRACKERS	OATMEAL CHOCO- LATE CHIP BAR	MINI PANCAKES	CEREAL W/ MILK GRAHAM CRACK- ERS	MUFFIN GRAHAM CRACKERS

Fresh Pick Recipe

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS
57 calories, 1g fat,
55mg sodium, 3g fiber

