

## 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

# BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Pancakes and Sausage Breakfast Taco	Cream of Wheat Sausage and Biscuit	Cinnamon Rolls Pancake Wrapped Sausage on a Stick	Cinnamon Apple Oatmeal French Toast Sticks	Sausage and Egg on a Biscuit Breakfast Pizza



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.

**Served Daily:**  
Assorted Whole Grain Cereal w/Toast  
Whole Grain Pastry  
Bagel w/Cream Cheese  
Yogurt and Fruit Cup w/Graham Crackers

**Served Daily:**  
Fresh Fruit / Chilled Fruit  
100% Juice / Low Fat Milk

### Lago Vista Elementary District Information Meal Prices 2012 – 2013

#### Breakfast



Paid ..... \$1.50  
Reduced ..... \$.30  
Adult ..... \$1.75

#### Lunch

Paid ..... \$2.30  
Reduced ..... \$.40  
Adult ..... \$3.00

# MAY 2012

## LAGO VISTA ISD ELEMENTARY SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fruit Plate & Yogurt (V) Ham & Cheese Sub French Bread Pizza Honey BBQ Pork Dipper w/Wheat Roll Beef Picadillo w/Corn Tortilla	2 Crispy Garden Salad Chicken Caesar Wrap Cheese Enchiladas w/Tostada Chips (V) Cheeseburger Chicken Potato Bowl	3 Cobb Salad Fiesta Wrap (V) Breaded Baked Chicken w/Wheat Roll Hot Dog on a Wheat Bun w/Chips Beef Rotini w/a Garlic Roll	4 BLT Salad Combo Sub Combo Pizza Cheese Pizza (V) Chicken Patty Sandwich Fish Taco (V)
7 BLT Wrap Tuna Salad & Crackers (V) Chicken Nuggets w/Whole Wheat Roll Meatball Sub Bean & Cheese Burrito (V)	8 Yogurt Cup & Sandwich Veggie & Cheese Salad (V) Steak Fingers w/a Wheat Roll BBQ Sandwich Vegetarian Lasagna w/Garlic Stick (V)	9 Fruit & Cheese Salad (V) Chicken Salad Wrap Cheeseburger Chicken Spaghetti w/a Garlic Breadstick Sausage & Pancake on a Stick Veggie Burger (V)	10 Turkey & Cheese Wrap Popcorn Chicken Salad Broccoli & Cheese Baked Potato w/Pretzel Stick (V) Taco Salad Hot Dog on a Wheat Bun w/Baked Beans	11 Combo Sub Chef Salad w/turkey Turkey Gravy w/Wheat Rice Fish Patty Sandwich (V) Cheese Pizza (V)
14 Fast Take – Lunchable Ham Chicken Caesar Wrap Southwestern Chili Lasagna Grilled Cheese Sandwich Chicken Nuggets w/Wheat Roll	15 Buffalo Chicken Salad Turkey & Cheese Sandwich Tony's Crustony's w/Marinara (V) Frito Pie Cheese Quesadilla (V)	16 Popeye Spinach Salad (V) Combo Sub Sandwich Macaroni & Cheese w/Roll (V) Chicken Tacos Hamburger on Wheat	17 Yogurt & Fruit Plate (V) Ham & Cheese Sandwich Beef Ravioli w/a Garlic Breadstick Asian Noodle Bowl (V) Manager's Special	18 Caesar Salad (V) Chicken Wrap Baked Ziti w/Bread Stick Fish Sticks w/Wheat Roll (V) Whole Grain Pepperoni Pizza Whole Grain Cheese Pizza (V)
21 Chunky Chicken Salad Italian Sub Bean & Cheese Tostadas (V) BBQ Rib on a Bun Chicken Nuggets w/Wheat Roll	22 Greek Salad w/Chicken Chicken Fajita Wrap Pepperoni Pizza Strips Sloppy Joe Cheese Ravioli w/Garlic Toast (V)	23 Popcorn Chicken Salad Ham & Cheese Sandwich Cheese Quesadilla (V) Cheeseburger Manager's Special	24 Cobb Salad Fiesta Wrap (V) Tomato Basil Soup with Toasted Cheese Sandwich (V) Franks & Beans w/a Wheat Roll Oven Baked Fried Chicken w/a Wheat Roll	25 Garden Salad (V) BLT Wrap Ocean Treasures Fish & a Roll (V) Turkey & Gravy over Rice Italian Sausage Pizza Cheese Pizza (V)
28 <b>Memorial Day</b> 	29 Chef Salad Turkey, Ham & Cheese Sub Crunchy Tacos Chicken Noodle Soup & Sandwich Cheese Stuffed Breadstick w/Marinara (V)	30 Tuna Salad BLT Wrap Chili Cheese Corn chip Pie Hamburger on a Whole Wheat Bun Pasta Alfredo Primavera w/Garlic Breadstick (V)	31 Spinach & Berry Salad (V) Popcorn Chicken Wrap Hot Dog on a Wheat Bun w/Baked Chips Nachos (V) Manager's Special	June 1 Chicken Caesar Salad Turkey & Cheese on Wheat Lasagna Roll Up & a Garlic Breadstick (V) Fish Patty Sandwich (V) Whole Grain Beef Pizza Whole Grain Cheese Pizza (V)
June 4 <i>Manager's Specials</i> Salad Sandwich/Wrap Main Entrée Hot Sandwich Hot Entrée	5 Fruit Plate and Yogurt (V) Ham & Cheese Sub Pepperoni Pizza Cheese Pizza (V) Honey BBQ Pork Dipper w/Wheat Roll Manager's Special	6 <i>Manager's Specials</i> Salad Sandwich/Wrap Main Entrée Hot Sandwich Hot Entrée	7 <i>Early Release Sack Lunches</i> Turkey & Cheese Sandwich Chips / Cookie Fruit / Milk	8 <b>Bad Weather Make Up Day</b>

### Sides Offered Daily:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm Slice Apples w/Cinnamon Steamed Green Beans Cucumber Circles Fresh Garden Salad Baby Carrots / Broccoli Fresh Fruit Pineapple Chunks Variety Milk Offered Daily	Black Beans Steamed Broccoli Fresh Garden Salad Baby Carrots Cauliflower Fresh Fruit Chilled Sliced Peaches Variety Milk Offered Daily	Oven Fries Italian Roasted Veggies Fresh Garden Salad Baby Carrots Cucumber Circles Fresh Fruit Chilled Pears Variety Milk Offered Daily	Fried Veggie Rice Sautéed Spinach Fresh Garden Salad Baby Carrots Celery Fresh Fruit Rosy Applesauce Variety Milk Offered Daily	Rice & Beans Herb Roasted Carrots Fresh Garden Salad Baby Carrots Mixed Vegetables Fresh Fruit Mixed Fruit Variety Milk Offered Daily

Our meal selections average to less than 30% of calories from fat or 12 grams or less of total fat per serving. The (V) after a menu choice denotes a vegetarian item. Garden Burgers available each Wednesday. Peanut butter and Jelly on whole wheat offered daily.



**Fruits  
Vegetables  
Milk**



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