

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.liftoffsp playground.com



Nutrition • Achievement • Environment • Community • Activity



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon, Egg & Cheese Sandwich	Cream of Wheat	Bean & Cheese Burrito	Yogurt Parfait	Omelet Bar
Sausage & Biscuit	Sausage & Biscuit	Sausage & Biscuit	Cinnamon Apple Oatmeal	Burrito Bar
Breakfast Pizza	French Toast Sticks	Bacon, Egg & Cheese Sandwich	Bacon, Egg & Cheese Sandwich	
	Bacon, Egg & Cheese Sandwich		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:

Whole Grain Cereal w/Wheat Toast
Whole Grain Muffins / Bagel w/Cream Cheese

Served Daily:

Fresh Fruit / Chilled Fruit
100% Juice / Low Fat Milk

Lago Vista Middle/High District Information Meal Prices 2012 – 2013

Breakfast

Paid \$1.65
Reduced \$3.30
Adult \$1.75

Lunch

Paid \$2.55
Reduced \$4.00
Adult \$3.00

MAY 2012

LAGO VISTA ISD MIDDLE & HIGH SCHOOL MENU



LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARKET	Crispy Chicken Salad Chef Salad (V) Turkey Sub Buffalo Chicken Wrap	Fruit Plate (V) Chef Salad Chicken BLT Salad Tuna Salad Sub Crispy Chicken Wrap	Buffalo Chicken Salad Chef Salad (V) Italian Sub Turkey & Cheese Wrap	Fruit Plate (V) Southwestern Salad Chef Salad Chicken Salad Sandwich Chicken Caesar Wrap	Greek Salad Chicken Caesar Salad Club Sub Italian Wrap
FAVORITES	The Daily	Specials	Are Posted	At the	Campus
CREATIONS	Enjoy the opportunity to create your own signature meal on the Creations Line! Week of: Week 1 – Burger Bar Week 2 – Baked Potato Week 3 – Sizzling Salads Week 4 – Tierra Del Sol Week 5 – Burger Bar Week 6 – Manager's Choice				
SALSA	Crispy Tacos Chicken Quesadillas	Beef Nachos Bean Cheese Burrito	Soft Taco Cheese Quesadilla	Beef & Bean Burrito Cheese Enchiladas	Taco Salad Chicken Fajitas
GRILL <i>Vegetarian Burger Available up on request</i>	Spicy Chicken Patty Sandwich Hamburger Cheeseburger BBQ Bacon Cheeseburger	Chicken Cordon Bleu Sandwich Spicy Chicken Patty Sandwich Hamburger Cheeseburger	Chicken Patty Sandwich Spicy Chicken Patty Sandwich Hamburger Cheeseburger	Corndogs Spicy Chicken Patty Sandwich Hamburger Cheeseburger	Spicy Chicken Patty Sandwich BBQ Rib Sandwich Hamburger Cheeseburger
PIZZA	Cheese Pepperoni Ham & Pineapple Pizza	Cheese Pepperoni Italian Sausage Pizza	Cheese Pepperoni Supreme Pizza	Cheese Pepperoni Chicken Bacon Ranch Pizza	Cheese Pepperoni Veggie Lovers Pizza
SIDES	Fresh Mixed Greens Fresh Whole Fruit Corn Tomatoes Melon Pineapple Peaches	Fresh Mixed Greens Bananas Cucumbers Steamed Green Beans Chilled Peaches Rosy Applesauce Chilled Blue Berries French Fries	Fresh Mixed Greens Grapes Steamed Mixed Veggies Fresh Cauliflower Mandarin Oranges Fruit Cocktail Strawberries	Fresh Mixed Greens Oranges Celery Herbed Carrot Coins Melon Chilled Pears French Fries	Fresh Mixed Greens Fresh Whole Fruit Carrot Sticks Ranch Style Beans Fruit Cocktail Chilled Cinnamon Apple Slices

Look for our Fresh pick of the month and Recipe of the month Middle / High School A La Carte Menu 2012 - 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Slice of Pizza BBQ Pork Bites Wings O' Fire Spicy Chicken Eggroll Sandwich Burgers	Slice of Pizza Hot Pocket Popcorn Chicken Spicy Chicken Sandwich Burgers French Fries	Slice of Pizza Chicken Nuggets Burritos Spicy Chicken Sandwich Burgers Cheese Sticks	Slice of Pizza Nachos Chicken Tenders Spicy Chicken Sandwich Burgers French Fries	Slice of Pizza Chicken Bites Steak Fingers Spicy Chicken Sandwich Burgers



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