

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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

www.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cinnamon Roll Chicken Biscuit Banana Ultra Bread Slice Apple Frudel Purple Daze Smoothie w/ String Cheese	Sausage Breakfast Pizza Egg & Cheese Breakfast Bagel Wheat Bagel w/ Cream Cheese Assorted Cereal Bars	Cheesy Grits w/ Sausage Patty & Buttery Toast Strawberry Mini Bagels Assorted Pop-Tarts Assorted Cereal	French Toast Bites Sausage Biscuit Blueberry Muffin Assorted Cereal Bars Assorted Cereal Strawberry Banana Parfait w/ String
Biscuit w/ Sausage Gravy Chicken Biscuit Double Chocolate Chip Muffin Assorted Cereal w/ Graham Crackers	Egg & Cheese Breakfast Bagel French Toast Sticks w/ Syrup Assorted Cereal Bars Assorted Cereal	Turkey Sausage Breakfast Pizza Apple Bosco Stick Assorted Breakfast Bars Cinnamon Ultimate Breakfast Round	Creamy Grits w Scrambled Eggs & Toast Chicken Biscuit Ultra Bread Slice-Pumpkin	Doughnut Sausage Biscuit Assorted Pop- Tarts Assorted Cereal Strawberry Banana Parfait w/ Graham Crackers
Sausage Breakfast Sandwich Dutch Waffle Assorted Pop- Tarts Assorted Cereal Strawberry Banana Parfait w/ Graham	Biscuit w/ Sausage Gravy Chicken Biscuit Oatmeal Choc, Chip Ulti Breakfast Round Assorted Cereal	Turkey Sausage Breakfast Pizza Biscuits w/ Jelly Ultra Bread Slice- Cinnamon Assorted Cereal	Cheesy Grits w/ Colby Cheese Omelet Buttery Toast Banana Muffin Bacon Egg & Cheese Breakfast Sandwich Assorted Cereal	Southwest Breakfast Burrito Pancakes w/ Syrup Assorted Breakfast Bars Assorted Cereal Bars Assorted Cereal
Breakfast on a Stick w/ Syrup Sausage Breakfast Sandwich Assorted Breakfast Bars Assorted Cereal Bars	Cinnamon Roll Chicken Biscuit Apple Frudel Ultra Slice Bread- Banana Assorted Cereal	Turkey Sausage Breakfast Pizza Egg & Cheese Breakfast Bagel Wheat Bagel w/ Cream Cheese Assorted Cereal Bars	Cheesy Grits w/ Sausage Patty & Buttery Toast Mini Bagels Strawberry Assorted Pop-Tarts Assorted Cereal	French Toast Bites Sausage Biscuit Blueberry Muffin Assorted Cereal Bars Assorted Cereal Strawberry Banana Parfait w/ String

Fresh Pick Recipe

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
70 calories, 1g fat,
20mg sodium, 1g fiber

Nutrition Information is available upon request.

THE CLUBHOUSE

@ School District of Oconee County Elementary

SEP 2018

MONDAY



TUESDAY

4

SALISBURY STEAK W/ GRAVY
CHICKEN SANDWICH
HAM MELT
GREEN BEANS
MASHED POTATOES
DICED PEARS
FRESH FRUIT VARIETY
CHOICE OF MILK

WEDNESDAY

5

Pancakes w/ syrup & Sausage Patty
BBQ pulled pork sandwich
Crispy chicken salad w/ Breadstick
Garden side salad
Tater Tots
Mixed Fruit
Fresh fruit variety
Choice of Milk

THURSDAY

6

Beefy Nachos
Jersey Shore Grilled Cheese
Turkey & Cheese Sandwich
Aztec Corn
Mexican Black Beans
Pineapple Tidbits
Fresh Fruit Variety
Choice of Milk

FRIDAY

7

Pepperoni Pizza
Sloppy Joe Sandwich
Beef Taco Salad w/ Tortilla Chips
Garden Side Salad
Mixed Veggies
Fresh Strawberries
Fresh Fruit Variety
Choice of Milk

10

BBQ Chicken Drumstick
Grilled Cheese Sandwich
Crispy Chicken Wrap
Classic Tomato Soup
Collard Greens
Diced Peaches
Fresh Fruit Variety
Choice of Milk

11

Chicken Alfredo Macaroni
Cheeseburger
Crispy Chicken Salad w/ Breadsticks
Sliced Cucumbers
Roasted Broccoli
Diced Pears
Fresh Fruit Variety
Choice of Milk

12

Cheese Quesadilla
Chicken Sandwich
Blueberry Patch Parfait
Garden Side Salad
Refried Beans
Pineapple Tidbits
Fresh Fruit Variety
Choice of Milk

13

French Toast Sticks w/ Sausage Patty
Hot Dog
Lift-Off's Spinach Salad
Broccoli Florets
Tater Tots
Fresh Blueberries
Fresh Fruit Variety
Choice of Milk

14

Pepperoni Pizza
Chicken Salad Sandwich
Turkey Spinach Panini
Steamed Corn
Garden Side Salad
Mixed Fruit
Fresh Fruit Variety
Choice of Milk

17

Chicken Tenders w/ Biscuit
Meatball Sub
Crispy Chicken Salad w/ Biscuit
Fresh Baby Carrots
Baked French Fries
Diced Pears
Fresh Fruit Variety
Choice of Milk

18

Beefy Macaroni
Chicken Sandwich
Italian Sandwich
Garden Side Salad
Sweet Green Peas
Pineapple Tidbits
Fresh Fruit Variety
Choice of Milk

19

Popcorn Chicken Bowl
Tuna Salad Sandwich
Peppi Pizza Salad w/ Dinner Roll
Celery Stick
Mashed Potatoes
Applesauce
Fresh Fruit Variety
Choice of Milk

20

Walking Nachos
Ham Melt
Turkey and Cheese Sandwich
Classic Tomato Soup
Mexican Black Beans
Mixed Fruit
Fresh Fruit & Chilled Fruit
Choice of Milk

21

Cheese Pizza
Cheeseburger
Fajita Chicken Salad w/ Tortilla Chips
Steamed Broccoli w/ Cheese
Garden Side Salad
Diced Peaches
Fresh Fruit Variety
Choice of Milk

24

Chicken Nuggets w Dinner Roll
Grilled Cheese Sandwich
Turkey and Cheese Sandwich
Spinach & Chickpea Penne Salad
Classic Tomato Soup
Pineapple Tidbits
Fresh Fruit Variety
Choice of Milk

25

Dutch Waffle w Sausage
Hot Dog
Chicken Caesar Salad w/ Biscuit
Tater Tots
Sliced Cucumbers
Fresh Strawberries
Fresh Fruit Variety
Choice of Milk

26

Beefy Nachos
Pretzel Soft w/ Cheese Sauce
Italian Sandwich
Garden Side Salad
Southwest Refried Black Beans
Mixed Fruit
Fresh Fruit Variety
Choice of Milk

27

Zesty Orange Chicken w/ Brown Rice
Meatball Sub
Beef Fiesta Salad w/ Tortilla Chips
Fresh Baby Carrots
Spicy Asian Veggies
Diced Peaches
Fresh Fruit Variety
Choice of Milk

28

Pepperoni Pizza
Chicken Parmesan Sandwich
Crispy Chicken Salad w Breadstick
Fresh Broccoli Florets
Potato Smiles
Diced Peas
Fresh Fruit Variety
Choice of Milk