

MONDAY

1. Chicken Patty Sandwich
 2. Grilled Cheese Sandwich
 3. Classic Chef Salad with Breadstick
- Fruit & Veggie Offerings:
Potato Smiles, Celery Sticks,
Baby Carrots, Orange Smiles,
Applesauce or
Mandarin Oranges

TUESDAY

1. Soft Pretzel with Cheese Dipping Sauce and Yogurt Cup
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Garden Tossed Salad with Egg & Breadstick
- Fruit & Veggie Offerings:
Chick Pea Salad, Baby Carrots,
Grapes, Pineapple Tidbits or
Apple

WEDNESDAY

1. Cheese or Pepperoni Pizza
 2. Soybutter and Jelly Sandwich
 3. Poppin Chicken Salad with Breadstick
- Fruit & Veggie Offerings:
Mixed Greens, Baby Carrots,
Celery Sticks, Apple Slices or
Banana

THURSDAY

1. Fiesta Beef & Cheese or 4 Bean & Cheese Nachos with Toppings
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Classic Chef Salad & Breadstick
- Fruit & Veggie Offerings:
Corn, Cucumber Slices, Baby
Carrots, Diced Peaches, Orange
Smiles, Fresh Apple

FRIDAY

1. Strawberry Yogurt Parfait with Graham Crackers
 2. Grilled Cheese Sandwich
 3. Cobb Salad with Breadstick
- Fruit & Veggie Offerings:
Baby Carrots, Broccoli, Mandarin
Oranges, Fresh Apple or Diced
Pears

A student lunch consists of 5 components: Grain, Protein, Fruit, Vegetable, and Milk.

1. Chicken Nuggets & Breadstick
 2. Grilled Cheese Sandwich
 3. Garden Tossed Salad with Egg & Breadstick
- Fruit & Veggie Offerings:
Mashed Potatoes and Gravy,
Celery Sticks, Broccoli Buds,
Baby Carrots, Pineapple Tidbits,
Orange Smiles, and Apple

1. Turkey Hot Dog
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Poppin' Chicken Salad & Breadstick
- Fruit & Veggie Offerings:
Baked Beans, Mixed Greens,
Baby Carrots, Diced Peaches,
Apple Slices,
& Frozen Fruit Sorbet

1. Cheese or Pepperoni Pizza
 2. Soybutter and Jelly Sandwich
 3. Chicken Caesar Salad & Breadstick
- Fruit & Veggie Offerings:
Mixed Greens, Baby Carrots,
Cucumber Coins, Diced Pears,
Orange Smiles, Banana

1. Cheese Quesadilla with Toppings
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Peppi Pizza Salad & Breadstick
- Fruit & Veggie Offerings:
Corn, Celery Sticks, Orange
Smiles & Diced Peaches, Fresh
Apple, Cucumber Coins

1. Pancakes & Syrup with Turkey Sausage or Yogurt
 2. Grilled Cheese Sandwich
 3. Classic Chef Salad & Breadstick
- Fruit & Veggie Offerings:
Baby Carrots, Applesauce,
Mandarin Oranges, Celery
Sticks & Grapes

Students must select a minimum of 3 meal components, one of which must be a ½ cup of fruit or vegetable.

1. Popcorn Chicken & Dinner Roll
 2. Grilled Cheese Sandwich
 3. Classic Chef Salad & Breadstick
- Fruit & Veggie Offerings:
Sweet Potato Fries, Mixed
Greens, Cucumber Coins, Baby
Carrots, Orange Smiles &
Fresh Apple

1. Creamy Macaroni & Cheese with Dinner Roll
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Garden Tossed Salad with Egg & Breadstick
- Fruit & Veggie Offerings:
Steamed Broccoli, Baby Carrots,
Pineapple Tidbits, Grapes &
Apple Slices

1. Cheese or Pepperoni Pizza
 2. Soybutter and Jelly Sandwich
 3. Poppin Chicken Salad & Breadstick
- Fruit & Veggie Offerings:
Mixed Greens, Baby Carrots,
Celery Sticks, Banana &
Mandarin Oranges

1. Crispy Chicken Drumstick & Dinner Roll
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Cobb Salad & Breadstick
- Fruit & Veggie Offerings:
Mashed Potatoes and Gravy,
Chick Pea Salad,
Celery Sticks, Fresh Apple,
Diced Pears or Orange Smiles

1. French Toast Sticks & Syrup with Yogurt
 2. Grilled Cheese Sandwich
 3. Chicken Caesar Salad & Breadstick
- Fruit & Veggie Offerings:
Hash Browns, Baby Carrots,
Cucumber Coins, Applesauce,
Diced Peaches, Orange Smiles

Entree items marked in green are Vegetarian.

1. Chicken Nuggets and Breadstick
 2. Grilled Cheese Sandwich
 3. Peppi Pizza Salad & Breadstick
- Fruit & Veggie Offerings:
Corn Niblets, Baby Carrots,
Broccoli Buds, Fresh Apple &
Pineapple Tidbits

1. Cheeseburger, Hamburger, or Veggie Burger
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Classic Chef Salad & Breadstick
- Fruit & Veggie Offerings:
Green Beans, Mixed Greens,
Sliced Tomatoes, Celery
Sticks, Diced Pears, Orange
Smiles, Apple Slices

1. Cheese or Pepperoni Pizza
 2. Soybutter and Jelly Sandwich
 3. Chicken Caesar Salad & Breadstick
- Fruit & Veggie Offerings:
Mixed Greens, Baby Carrots,
Cucumber Coins, Banana &
Mandarin Oranges

1. Fiesta Beef & Cheese or 25 Bean & Cheese Nachos with Toppings
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Garden Tossed Salad & Breadstick
- Fruit & Veggie Offerings: Refried
Beans, Celery Sticks, Baby
Carrots, Orange Smiles, Grapes
and Apple Slices

26
Half-Day
No Lunch

Menu subject to change upon availability.

29
Memorial Day
No School

1. Cheese Lasagna with Dinner Roll
 2. Cheesy Breadsticks & Pizza Dipping Sauce
 3. Chef Salad with Breadstick
- Fruit & Veggie Offerings:
Steamed Broccoli,
Mixed Greens, Celery Sticks,
Diced Peaches, Grapes, Frozen
Fruit Sorbet

1. Cheese or Pepperoni Pizza
 2. Soybutter and Jelly Sandwich
 3. Chicken Caesar Salad with Breadstick
- Fruit & Veggie Offerings:
Mixed Greens, Baby Carrots,
Celery Sticks
Fresh Apple, Banana or
Pineapple Tidbits

Available online:
Monthly Menus
Nutrition Information
Carb Counts & More!
<https://troysd.sodexomylway.com/>

Like our Facebook Page or
follow us on Twitter

Lunch Prices
Student Lunch Price: \$2.40
Reduced Lunch Price: \$0.40 A
La Carte Prices:
Milk - \$0.35/Juice - \$0.50
Dasani Water - \$0.50

Free and Reduced Applications
are available at your school
office, or call the Food Service
Office @ 248-823-5089

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Powerful Plain Bagel with Cream Cheese Orange Smiles 100% Fruit Juice 1% or Skim Milk	2 Mini Cinnamon Waffles Apple Slices 100% Fruit Juice 1% or Skim Milk	3 Mighty Rice Chex Cereal with a Yogurt Cup Banana 100% Fruit Juice 1% or Skim Milk	4 Scrumptious Strawberry Yogurt with Graham Crackers Apple Slices 100% Fruit Juice 1% or Skim Milk	5 Brainy Egg & Cheese Biscuit Orange Smiles 100% Fruit Juice 1% or Skim Milk
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A student breakfast consists of an Entree (Grain or Grain and Protein), Fruit, Fresh Fruit, 100% Fruit Juice, and Low-fat or Fat-free Milk

8 Mini Maple Pancakes Orange Smiles 100% Fruit Juice 1% or Skim Milk	9 Brilliant Blueberry Muffin with a Cheese Stick Apple Slices 100% Fruit Juice 1% or Skim Milk	10 Cheery Cheerios Cereal with a Yogurt Cup Banana 100% Fruit Juice 1% or Skim Milk	11 Cinna-Raisin Bagel with Cream Cheese Apple Slices 100% Fruit Juice 1% or Skim Milk	12 Egg n' Cheese Breakfast Burrito Orange Smiles 100% Fruit Juice 1% or Skim Milk
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15 Powerful Plain Bagel with Cream Cheese Orange Smiles 100% Fruit Juice 1% or Skim Milk	16 Scrumptious Strawberry Yogurt with Graham Crackers Apple Slices 100% Fruit Juice 1% or Skim Milk	17 Mighty Rice Chex Cereal with a Yogurt Cup Banana 100% Fruit Juice 1% or Skim Milk	18 Good Morning Mini Cinnis Apple Slices 100% Fruit Juice 1% or Skim Milk	19 Brainy Egg & Cheese Biscuit Orange Smiles 100% Fruit Juice 1% or Skim Milk
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22 Merry Apple Cinnamon Muffin with a Cheese Stick Orange Smiles 100% Fruit Juice 1% or Skim Milk	23 Cinna-Raisin Bagel with Cream Cheese Apple Slices 100% Fruit Juice 1% or Skim Milk	24 Cheery Cheerios Cereal with a Yogurt Cup Banana 100% Fruit Juice 1% or Skim Milk	25 Mini Blueberry Pancakes Apple Slices 100% Fruit Juice 1% or Skim Milk	26 Egg-cellent Breakfast Sammy Orange Smiles 100% Fruit Juice 1% or Skim Milk
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Menu subject to change upon availability.

29 Memorial Day No School	30 Mini Cinnamon Waffles Apple Slices 100% Fruit Juice 1% or Skim Milk	31 Mighty Rice Chex Cereal with a Yogurt Cup Banana 100% Fruit Juice 1% or Skim Milk	Available online: Monthly Menus Nutrition Information Carb Counts & More! https://troysd.sodexomyway.com/ Like our Facebook Page or follow us on Twitter	Student Breakfast Price \$1.65 Reduced Breakfast Price \$0.30 Free & Reduced Applications are available at your school office, or call the Food Service Office @ 248-823-5089
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Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically leads to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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

liftoffsplayground.com

Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor, but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable and they taste great too. At its core, Mexican cuisine is very healthy so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news – load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way to enhancing the healthfulness of your celebration. Enjoy!

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/>.

Fresh Pick Recipe

KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.

Healthy Tip of the Month: Making Healthy Choices all Summer Long!

May is the start of warm weather, which means picnics, pool days, and barbecue season. While some may think this makes it hard to stay healthy, it is actually quite easy to choose healthy options, you just need to know what you pick!

Grilling is a healthy way of cooking that minimizes the fat. Choose a piece of grilled chicken, a lean beef patty, or turkey burger with a whole grain bun as a healthy option! The ideal portion size of meat should be about equal to a deck of cards. Veggie skewers are a fun and delicious way to eat your veggies. You can try vegetables like summer squash, zucchini and mushrooms, brushed with a little olive oil and seasoning, tossed on the grill. Yum!

Finally, watermelon makes for a delicious and refreshingly healthy dessert!

Enjoy all of the healthy offerings that the warm months have to offer without sacrificing the taste!