

#### MONDAY

A variety of Milk & Fruit Offered with All Meals

#### TUESDAY

Pepperoni or Cheese Pizza  
Turkey Cheddar Wrap  
Steamed Carrots

#### WEDNESDAY

**1**  
Cheeseburger or Hamburger  
Lettuce, Tomato, Pickles  
Salami & Cheese Sandwich  
Tater Tots

#### THURSDAY

**2**  
Bean Burrito Enchilada Style  
Lettuce, Tomato, Salsa  
Ham, Turkey & Cheese Sub  
Spanish Rice

#### FRIDAY

**3**  
Corn Dog  
Sunbutter & Jelly Sandwich  
Mixed Vegetables

Meals Served at Safford Middle School Cafeteria and Ruth Powel Elementary School Cafeteria

**6**

Chicken Nuggets  
Dinner Roll  
Ham & Cheese Sandwich  
Broccoli

**7**

Pepperoni or Cheese Pizza  
Turkey Cheddar Wrap  
Steamed Carrots

**8**

Jumbo Beef Hot Dog  
Salami & Cheese Sandwich  
Tater Tots

**9**

Beef Tacos  
Lettuce, Tomato, Japs Salsa, Cheese  
Ham, Turkey & Cheese Sub Sandwich  
Refried Beans

**10**

Beef Spaghetti Dinner roll  
Sunbutter & Jelly Sandwich  
Mixed Vegetables

Safford Middle School Meal Times - Breakfast 7am - 9am. Lunch 11am - 12:45pm

**13**

Chicken Patty Sandwich  
Lettuce, Tomatoes, Pickles  
Ham & Cheese Sandwich  
Broccoli

**14**

Pepperoni or Cheese Pizza  
Turkey Cheddar Wrap  
Steamed Carrots

**15**

Cheeseburger or Hamburger  
Lettuce, Tomato, Pickles  
Salami & Cheese Sandwich  
Tater Tots

**16**

Beef and or Cheese Nachos  
Lettuce, Tomato, Japs Salsa  
Ham, Turkey & Cheese Sub Sandwich  
Refried Beans

**17**

Sloppy Joe Sandwich  
Sunbutter & Jelly Sandwich  
Mixed Vegetables

Ruth Powell Meal Times - Breakfast: 7am - 8am. Lunch 11am - 12:30am

**20**

Chicken Nuggets  
Dinner Roll  
Ham & Cheese Sandwich  
Broccoli

**21**

Pepperoni or Cheese Pizza  
Turkey Cheddar Wrap  
Steamed Carrots

**22**

Jumbo Beef Hotdog  
Salami & Cheese Sandwich  
Tater Tots

**23**

Chicken Fajitas  
Lettuce, Tomato, Japs Salsa  
Ham, Turkey & Cheese Sub Sandwich  
refried Beans

**24**

BBQ Riblet Sandwich  
Lettuce, Tomatoes, Pickles  
Sunbutter & Jelly Sandwich  
Mixed Vegetables

Children 18 & under are Free. Adult Breakfast: \$2.50. Adult Lunch: \$3.50. Extra Milk: .50

**27**

Chicken Patty Sandwich  
Lettuce, Tomato, Pickles  
Ham & Cheese Sandwich  
Broccoli

**28**

Pepperoni or Cheese Pizza  
Turkey Cheddar Wrap  
Steamed Carrots

**29**

Cheeseburger or Hamburger  
Lettuce, Tomato, Pickles  
Salami & Cheese Sandwich  
Tater Tots

**30**

Beef and or Cheese Nachos  
Lettuce, Tomatoes, Japs Salsa  
Ham, Turkey & Cheese Sub Sandwich  
Refried Beans

July 1  
Beef Meatball Sub  
Mozzarella Cheese  
Sunbutter & Jelly Sandwich  
Mixed Vegetables

Breakfast Menu on the Back.  
Open Monday - Friday.

This institution is an equal opportunity provider.



## Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



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)

## The Mediterranean Diet is a Healthy Option for Kids

Mediterranean diet is a generic term based on the typical eating habits in the countries that border the Mediterranean Sea. The Mediterranean diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats. Nutrients from these foods help support optimal growth and development while also promoting a healthy weight. Traditional Mediterranean populations also include regular physical activity in their routine and make eating a positive, social experience. The following suggestions will help get you started with this heart-healthy nutrition plan:

- 1. Build a strong base.** Instead of making meat the main event, use plant-based foods, such as fruits, vegetables, beans and whole grains, the foundation of your meal plan.
- 2. Get friendly with beans.** You won't find lots of red meat or even much chicken in this diet, but there are plenty of beans and lentils. Beans are loaded with plant protein, fiber, carbohydrates and are naturally low in fat. Beans also supply potassium, magnesium and iron.
- 3. Add more seafood.** Fish plays a starring role in the Mediterranean diet. It is a top source of heart- and brain-friendly omega-3 essential fatty acids, plus it's packed with protein.
- 4. Don't fear the healthy fats.** Healthful monounsaturated and polyunsaturated fats from olive oil, nuts and seeds are an important part of the Mediterranean diet. Let kids design their own trail mix using their favorite dried fruits, whole-grain cereals, nuts and seeds. If you have small children, use caution with nuts and seeds because they present a potential choking hazard.

For recipes related to the Mediterranean Diet check out: <https://www.allrecipes.com/recipes/16704/healthy-recipes/mediterranean-diet/>.

*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

### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.

Breakfast and Lunch are offer vs. serve: Must take 3 components and one must be a fruit or a vegetable.