

## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1 Breakfast Pizza Chocolate Crescent Diced Peaches	October 2 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	October 3 Sausage & Country Gravy Breakfast Pizza Blueberry Muffin Bananas	October 4 Breakfast Taco Whole Grain Cinnamon Roll Mixed Fruit	October 5 Biscuit & Gravy Strawberry Nutrigrain Bar Diced Pears
October 8 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	October 9 Pancake Sausage Wrap Double Chocolate Muffin Orange Smiles	October 10 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Bananas	October 11 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	October 12 Sausage & Country Gravy Breakfast Pizza Yogurt & Goldfish Graham Cracker Diced Pears
October 15 Honey Glazed Chicken Biscuit Banana Muffin Diced Peaches	October 16 Pancakes Hard Boiled Egg Orange Smiles	October 17 No School	October 18 No School	October 19 No School
October 22 Breakfast Pizza Chocolate Crescent Diced Peaches	October 23 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	October 24 Sausage & Country Gravy Breakfast Pizza Blueberry Muffin Bananas	October 25 Breakfast Taco Whole Grain Cinnamon Roll Mixed Fruit	October 26 Biscuit & Gravy Strawberry Nutrigrain Bar Diced Pears
October 29 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	October 30 Pancake Sausage Wrap Double Chocolate Muffin Orange Smiles	October 31 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Bananas		

### Fresh Pick Recipe

#### EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



#### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

