

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Biscuit with Gravy (v)
Lunch:
Bean and Cheese Burrito
Cheese Pizza (v)
Chef Salad with WG Rolls
Turkey Wrap

2

Breakfast:
Ultimate Breakfast Round (v)
Lunch:
Hamburger or Cheeseburger w/fries
Pretzel with Cheese Sauce (v)
Turkey & Cheese Sandwich
Chef Salad with WG Rolls

3

Breakfast
Waffles
Lunch
Cheese Pizza
Bean and Cheese Burrito
Chef Salad
Italian Sub

4

Breakfast
Chefs Choice
Lunch
Hamburger or Cheeseburger
Cheesy Breadsticks
Garden Salad
Ham Sandwich

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

7

Breakfast:
French Toast Sticks (v)
Lunch:
Chefs Choice
Hamburger or Cheeseburger
Taco Salad
Italian Sub

8

Breakfast:
Yogurt with Graham Crackers (v)
Lunch:
Bean and Cheese Burrito
Pepperoni Pizza
Sunbutter & Jelly Sandwich (v)
Chef Salad with WG Rolls

9

Breakfast:
Ultimate Breakfast Round (v)
Lunch:
Popcorn Chicken Potato Bowl
with WG Roll
Corn Dog
Ham & Cheese Sandwich
Fruit & Yogurt Parfait (v)

10

Breakfast:
Bagel w/ Cream Cheese (v)
Lunch:
Cheesy Breadsticks
Sauce (v)
Chicken Burger
Chicken Caesar Salad with WG Rolls
Turkey & Cheese Sandwich



Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

14

Breakfast:
Breakfast on a Stick
Lunch:
Orange Chicken over Rice
Chicken Sandwich w/Fries
Turkey & Cheese Sandwich
Taco Salad w/Roll

15

Breakfast:
Apple Frudel (v)
Lunch:
Corn Dog w/Fries
Pepperoni Pizza
Ham sandwich
Chef Salad w/ WG Rolls

16

Breakfast:
Mini Maple Waffles (v)
Lunch:
Bean and Cheese Nachos (v)
BBQ Chicken Sandwich
Buffalo Chicken Wrap
Italian Sub

17

Breakfast:
Mini Blueberry Pancakes (v)
Lunch:
Chefs Choice

18

Breakfast:
Freshly Baked Banana Muffin Top
Lunch:
Fish and Chips
Hamburger or Cheeseburger w/fries
Peanutbutter and Jelly Sandwich (v)
Popcorn Chicken Salad with WG Roll

21

No School

22

No School



24

No School
Thanksgiving Holiday



28

Breakfast:
French Toast (v)
Lunch:
Meatball Marinara Sub
Chicken Nuggets with WG Roll
Chef Salad with WG Rolls
Turkey Sandwich

29

Breakfast:
Ultimate Breakfast Round (v)
Lunch:
Taco Tuesday: Soft Taco
Cheese Pizza
Italian Sub
Fruit & Yogurt Parfait (v)

30

Breakfast:
Mini Maple Pancakes (v)
Lunch:
Beef and Gravy over mashed
potatoes
Corn Dog
Taco Salad w/Roll
Sunbutter & Jelly Sandwich (v)



(v) = meatless option

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the 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.

www.liftoffsplyground.com

Refresh Your Mind Every Monday

Not all stress is the same. Some of the stress that we face in life can be more detrimental to our well-being, and some types of stress can actually be healthy for us. Good stress, or eustress, can be beneficial and is actually necessary for our overall wellbeing. This is the type of "positive" stress that keeps us excited about life. The excitement of a roller-coaster ride, a scary movie or a fun challenge are all examples of eustress. On the other hand, bad stress, or distress, can be detrimental to our health if it becomes chronic and sustained over time. Persistent stress has been shown to cause cardiovascular risks, digestive disorders and decreased immune response as well as sleep loss and mood disorders.

Realizing the magnitude of stress in our country, a team of researchers who created The Mondays Campaign developed a new initiative called DeStress Monday. This program helps people put a positive start on each week while reducing stress throughout the week. DeStress Monday provides helpful, evidence-based stress reduction tools and resources distributed through their website, social media and weekly newsletters. Have a happy week and check out these free destressing resources for yourself, your friends and colleagues at: <https://www.destressmonday.org/#>.

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

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/ medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.

freshpick
for better health
by sodexo



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: ES \$X.XX MS: \$X.XX HS: \$X.XX

LUNCH:

PAID: ES: \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.

