

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**NATIONAL GRATITUDE MONTH**

Expressing gratitude helps improve both physical and mental health. Take the time this month to tell someone you appreciate them or give back to your community.

**PHILADELPHIA**  
\*\*\* PENNSYLVANIA \*\*\*  
CITY OF BROTHERLY LOVE

**BIG-CITY BITES**

**1**

**Breakfast:**  
Yogurt w/ Graham Crackers (v)

**Lunch:**  
Philly-Style Cheesesteak w/ Fries  
Corn dog  
Peanut butter & Jelly Sandwich (v)  
Chef Salad w/ WG Rolls

**2**

**Chefs Choice**

**3**

**Chefs Choice**

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

**6**

**Breakfast:**  
Pancake & Sausage

**Lunch:**  
Bean & Cheese Burrito (v)  
Cheese Pizza (v)  
Chef Salad w/Roll  
Turkey Sandwich

**7**

**Breakfast:**  
Biscuit w/ Grape Jelly (v)

**Lunch:**  
Crispy Chicken Burger  
Chicken Alfredo Pasta  
Garden Salad w/ WG Rolls  
Peanut butter & Jelly Sandwich (v)

**8**

**Breakfast:**  
Ham & Cheese English Muffin

**Lunch:**  
Hot Dog  
Soft Pretzel w/ Cheese Sauce  
Chef Salad w/ WG Rolls  
Turkey & Cheese Sandwich

**9**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Pepperoni Pizza  
Corn Dog  
American Sandwich  
Strawberry Banana Parfait (v)

**10**

**No School**

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

**13**

**Breakfast:**  
French Toast Sticks (v)

**Lunch:**  
Choice of Burger: Cheeseburger, Hamburger, or Veggie Burger (v)  
Cheese Pizza  
Italian Sub  
Garden Salad w/Roll

**14**

**Breakfast:**  
Yogurt w/ Graham Crackers (v)

**Lunch:**  
Glazed Chicken Drumstick w/ WG Rolls  
Soft Tacos  
Chef Salad w/ WG Rolls  
Peanut butter & Jelly Sandwich (v)

**15**

**Breakfast:**  
Ultimate Breakfast Round (v)

**Lunch:**  
Philly-Style Cheesesteak w/ Fries  
Chicken Nuggets w/Roll  
Ham & Cheese Sandwich  
Blueberry Patch Parfait (v)

**16**

**Breakfast:**  
Bagel w/ Cream Cheese (v)

**Lunch:**  
**Holiday Feast**

**17**

**Breakfast:**  
Pancakes (v)

**Lunch:**  
Chicken & Waffles  
BBQ McRib  
Crispy Chicken Wrap  
Chef Salad w/Roll

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

**20**

**No School**

**21**

**No School**

**22**

**No School**

**23**

**Happy Thanksgiving!**

**24**

**No School**

Vegetarian items marked with (v)

**27**

**Breakfast:**  
Sausage Breakfast Pizza

**Lunch:**  
Cheese Pizza  
Cheesy Breadsticks w/ Marinara  
Garden Salad w/Roll (v)  
Ham & Cheese Sandwich

**28**

**Breakfast:**  
Pancake Bites (v)

**Lunch:**  
Choice of Burger: Cheeseburger, Hamburger (v)  
Cheese Raviolis w/ WG Roll (v)  
Deli Sub  
Chef Salad w/Roll

**29**

**Breakfast:**  
Ultimate Breakfast Round (v)

**Lunch:**  
Pepperoni Pizza  
Orange Chicken over Brown Rice  
Peanut butter & Jelly Sandwich (v)  
Fiesta Salad w/ Tortilla Chips

**30**

**Breakfast:**  
Blueberry Patch & Granola Parfait (v)

**Lunch:**  
Crispy Chicken Burger  
Creamy Mac & Cheese  
Peachy Parfait (v)  
Fresh Garden Salad w/ WG Rolls (v)

**THERE IS ALWAYS SOMETHING TO BE THANKFUL FOR**

**HAPPY THANKSGIVING**

Vegetarian items marked with (v)

## 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.

[liftoffsplayground.com](http://liftoffsplayground.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

### LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



### SCHOOL MEAL PRICES:

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

#### BREAKFAST:

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

#### LUNCH:

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

Nutrition Information is available upon request.

