

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Chicken Burger Meatball Sub ~~~~~ Mixed Garden Vegetables Diced Peaches	2 Spaghetitis with Meat Sauce Italian Sandwich ~~~~~ Fresh Broccoli Florets Diced pears	3 Hot Dog Sweet & Sour Chick'n Bowl ~~~~~ Celery Sticks Applesauce	4 Mozzarella Stuffed Breadsticks with Marinara Beef and Cheese nachos ~~~~~ Aztec Corn Mixed Fruit Cocktail	5 Crispy Chicken Nuggets Kidzable: American Combo ~~~~~ Garlic Knot Breadstick Baby Carrots Banana
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8 Chicken Alfredo with Broccoli Ham and Cheese Sandwich ~~~~~ Corn Aztec Crispy Whole Apple	9 Glazed Chicken Drumstick Walking Nachos ~~~~~ Mixed Garden Vegetables Diced Pears	10 Baked Penne Pasta Sloopy Joe Sandwich ~~~~~ Super Side Salad Banana	11 Mini Corn Dogs Chicken Parmesan and Breadstick ~~~~~ Baked Beans (V) Mixed Fruit Cocktail	12 Enchilada Suiza Meatball Sub ~~~~~ Roasted Broccoli and Carrots Cinnamon Swirled Apple
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15 Deluxe Cheeseburger Macaroni & Cheese ~~~~~ Roasted Broccoli Diced peaches	16 Chef Salad Beefy Tochos ~~~~~ Mixed Garden Vegetables Diced Pears	17 Popcorn Chicken Potato Bowl with Bread Ham & Cheese Sandwich ~~~~~ Baby Carrots Applesauce	Thanksgiving Meal 18 Turkey and Dressing Cranberry Sauce Whipped Mashed Potatoes Roasted Green beans Wheat Roll Homemade Apple Crisp	19 Cheese Pizza Square Crispy Chicken Wrap ~~~~~ Sweet Potato Fries Banana
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22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
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29 BBQ Rib Sandwich Crispy Chicken Nuggets with Garlic Knot Breadstick ~~~~~ Baby Carrots Crispy Whole Apple	30 Mozzarella Stuffed Breadsticks with Marinara Ham & Cheese Sandwich ~~~~~ Green Beans Diced Pears			
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Menu is subject to change based on product availability

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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 1 Oatmeal Chocolate Chip Round Apple Juice	Nov 2 Pancakes Mixed Fruit Cocktail	Nov 3 Cereal Variety Banana	Nov 4 Breakfast Burrito Diced Pears	Nov 5 Sausage Breakfast Pizza Small Apple
Nov 8 Turkey Sausage Biscuit Sliced Apples	Nov 9 Maple Sausage, Egg and Sausage Tornado Diced Peaches	Nov 10 French Toast Sticks Small Apple	Nov 11 Honey Chicken Biscuit Banana	Nov 12 Cinnamon Toast Breakfast Bar Mixed Fruit Cocktail
Nov 15 Cinnamon Waffles Bites Sliced Apples	Nov 16 Apple or Cherry Frudel Orange Juice	Nov 17 Turkey Sausage Breakfast Pizza Banana	Nov 18 Mini Cinnies Mixed Fruit Cocktail	Nov 19 Chicken Biscuit Sandwich Diced Pears
Nov 22 NO SCHOOL	Nov 23 NO SCHOOL	Nov 24 NO SCHOOL	Nov 25 NO SCHOOL	Nov 26 NO SCHOOL
Nov 29 Cinnamon Toast Breakfast Bar Orange Juice	Nov 30 Strawberry Banana Bash Yogurt Graham Crackers Diced Peaches			

Revised 10/26/2021

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Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.