



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Hamburguesa de pollo Submarino de albondigas ~~~~~ Vegetales mixtos Duraznos picados	2 Espagueti con salsa de carne Sandwich Italiano ~~~~~ Brocoli fresco Peras picadas	3 Perro caliente Tazón de pollo agri dulce y arroz ~~~~~ Palitos de celery Pure de manzana	4 Pan relleno de mozzarella con salsa Marinara Nachos de carne y queso ~~~~~ Maiz Azteca Coctel de frutas mixtas	5 Nuggets de pollo Kidzable: Combo Americano ~~~~~ Pan con ajo Zanahorias Banana
8 Pasta Alfredo con pollo y brocoli Sandwich de jamon de pavo y queso ~~~~~ Maiz Aztec Manzana	9 Muslo de pollo Nachos andando ~~~~~ Vegetales mixtos Peras picadas	10 Pasta Penne al horno Sandwich de carne Sloopy Joe ~~~~~ Ensalada fresca Banana	11 Salchichas miniatura envueltas en pan de maiz Pollo a la Parmesana con Palito de pan ~~~~~ Frijoles horneados(V) Coctel de frutas mixtas	12 Enchilada Suiza Submarino con albondigas ~~~~~ Brocoli y zanahorias asados Manzanas con canela
15 Hamburguesa con queso Macaroni con queso ~~~~~ Brocoli asado Duraznos picados	16 Ensalada del Chef Nachos de papas Tots con carne ~~~~~ Vegetales mixtos Peras picadas	17 Tazón de pollo y pure de papas con pan Sandwich de jamón y queso ~~~~~ Zanahorias frescas Compota de manzana	18 Comida de acción de gracias Pavo y Contorno Pure de papas Ejotes asados Pan bolillo integral Manzanas crujientes	19 Pizza de queso Envuelto de pollo crujiente ~~~~~ Batatas fritas Banana
22 NO HABRA ESCUELA	23 NO HABRA ESCUELA	24 NO HABRA ESCUELA	25 NO HABRA ESCUELA	26 NO HABRA ESCUELA
29 Sandwich BBQ Nuggets de pollo con pan de ajo ~~~~~ Zanahorias Manzana	30 Pan relleno de mozzarella con salsa Marinara Sandwich de jamon y queso ~~~~~ Ejotes Peras picadas			

El menu esta sujeto a cambios basado en la disponibilidad de alimentos
Esta institución es una proveedora de igualdad de oportunidades
This institution is an equal opportunity provider.

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 Galleta de avena con chispas de chocolate Jugo de manzana	Nov 2 Panqueques Coctel de frutas mixtas	Nov 3 Cereal variado Banana	Nov 4 Burrito de desayuno Peras picadas	Nov 5 Desayuno en pizza de salchicha Manzana
Nov 8 Pan Biscuit con salchicha de pavo Pure de manzana	Nov 9 Salchicha con jarabe de maple y huevo Enrollados Duraznos picados	Nov 10 Palitos de tostada Francesa Manzana	Nov 11 Pan Biscuit con pollo y miel Banana	Nov 12 Barra de cereal de canela Coctel de frutas mixtas
Nov 15 Waffles de canela Jugo de naranja	Nov 16 Pastelito Frudel de manzana o cereza Jugo de Naranja	Nov 17 Desayuno en pizza de salchicha Banana	Nov 18 Pancitos de canela Coctel de frutas mixtas	Nov 19 Sandwich de pan Biscuit con pollo Peras picadas
Nov 22 NO HABRA ESCUELA	Nov 23 NO HABRA ESCUELA	Nov 24 NO HABRA ESCUELA	Nov 25 NO HABRA ESCUELA	Nov 26 NO HABRA ESCUELA
Nov 29 Barra de cereal de canelas Jugo de naranja	Nov 30 Yogurt con fresas y bananas Galleta Graham Duraznos picados			

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.

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La información nutricional estara disponible a peticion
Nutrition Information is available upon request.