

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Ensalada del Chef con pan de ajo  
Pizza de Pepperoni  
Brocoli y Zanahorias Asados  
Compota de manzana

2

Cajita Americana  
Sandwich de pollo  
Papas Tater Tot  
Frutas mixtas

3

Fritos con Chili  
Dedos de carne con pure de papas y bolillo integrall  
Ejotes  
Manzanas con canela

6

Submarino de albondigas Italianas  
Pizza de queso (V)  
Vegetales mixtos  
Duraznos picados

7

Taco de carne gigante  
Espagueti con salsa de carne  
Ensalada fresca  
Peras picadas

8

Tazon de pollo vegetariano agri dulce y arroz (V)  
Perro Caliente  
Brocoli y zanahorias asados  
Compota de manzana

9

Envuelto de pollo  
Palitos de pan rellenos de mozzarella con salsa Marinara (V)  
Maiz Azteca  
Frutas mixtas

10

Sandwich de pollo BBQ  
Nuggets de pollo con pan de ajo  
Pure de papas y Gravy  
Manzanas con canela

Usamos ingredientes producidos localmente cuando estan disponibles

13

Pasta Alfredo de pollo con pan de ajo  
Hamburguesa  
Vegetales mixtos  
Duraznos picados

14

Muslo de pollo glaceado con pan  
Nachos Andando  
Maiz Azteca  
Peras picadas

15

Sandwich de pavo y queso  
Sandwich de pavo  
Papas cortadas  
Compota de manzana

16

Sandwich Americano  
Mini salchichas envueltas en pan de maiz  
Frijoles horneados  
Frutas mixtas

17

Enchilada Suiza con pollo  
Pizza de queso (V)  
Brocoli y zanahorias asados  
Manzanas con canela

Diariamente ofrecemos una variedad de leche sin grasa o baja en grasa



21

22

23



(V) Denota vegetariano amigable

27

28

29

30

31



## Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

### BREAKFAST MENU

| MONDAY                                                           | TUESDAY                                                                                  | WEDNESDAY                                                           | THURSDAY                                                       | FRIDAY                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|
|                                                                  |                                                                                          | Dec 1<br>Palitos de tostadas<br>Francesas<br>Banana                 | Dec 2<br>Pan Biscuit y Gravy<br>Duraznos picado                | Dec 3<br>Mini Waffles de<br>arandanos<br>Compota de manzana |
| Dec 6<br>Cereal crujiente de<br>canela<br>Jugo de naranja        | Dec 7<br>Panqueques<br>Frutas mixtas                                                     | Dec 8<br>Pan Biscuit y Gravy<br>Banana                              | Dec 9<br>Burrito con papas tots<br>Peras picadas               | Dec 10<br>Pizza de desayuno<br>Naranjas cortadas            |
| Dec 13<br>Cereal crujiente de<br>canela<br>Compota de<br>manzana | Dec 14<br>Mini Pan Bagel relleno<br>de queso crema sabor<br>a fresas<br>Duraznos picados | Dec 15<br>Palitos de tostadas<br>Francesas<br>Manzanas<br>rebanadas | Dec 16<br>Pan Biscuit con pollo<br>glaceado con miel<br>Banana | Dec 17<br>Cereal crujiente<br>de canela<br>Coctel de frutas |
| Dec 20                                                           | Dec 21                                                                                   | Dec 22                                                              | Dec 23                                                         | Dec 24<br>Feliz Navidad                                     |
| Dec 27                                                           | Dec 28                                                                                   | Dec 29                                                              | Dec 30                                                         | Dec 31<br>Feliz Año NUevo                                   |

Revised: 11/01/2021

### Fresh Pick Recipe

#### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

Informacion nutricional estara disponible cuando se hace una peticion

Nutrition Information is available upon request.