

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Classic Chef Salad w/ Garlic Knot Veggie Burger (V) Home-Style Pepperoni Pizza Pinwheel Party Box Roasted Broccoli, Side Caesar Salad, Tomato/Cucumber Salad, Orange Smiles, Pineapple Tidbits	2 Barbeque Rib Sandwich Crispy Chicken Sandwich Crispy Chicken Nuggets w/ Roll Strawberry Banana Parfait w/ graham crackers and string cheese (V) Turkey and Cheese Sandwich Smile fries, Banana, Celery Sticks, Super Side Salad	3 Beefy Tostitos w/ flour Tortilla Cheese Enchiladas (V) Crispy Chicken Wrap Kidzable Build Your Own Pepperoni Pizza Roasted Corn, Applesauce, Broccoli Florets, Garden Side Salad	4 Classic Chef Salad w/ Breadstick Glazed Chicken Drumstick w/ Breadstick Steak Fingers w/ Roll Sunbutter and Jelly Sandwich (V) Vegetarian Baked Beans, Whipped Potatoes, Orange Smiles, Baby Carrots, Caesar Side Salad
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Variety of fat-free and low fat milk offered daily

7 Chicken Alfredo w/ Garlic Knot Deluxe Cheeseburger Ham and Cheese Sandwich Just Peachy Parfait w/ graham crackers and string cheese (V) Roasted Summer Squash, apple slices, baby carrots, garden side salad	8 Crispy Chicken Wrap Chicken Caesar Salad w/ Breadstick Popcorn Chicken Potato Bowl w/ Garlic Knot Grilled Cheese Sandwich (V) Vegetarian Baked Beans, Orange smiles, Pineapple tidbits, Caesar side salad, Tomato/Cucumber salad	9 Buffalo Wrap Meatball Sub Mozzarella Stuffed Breadsticks (V) Kidzable: Build your own pepperoni pizza Oven Roasted California Blend Vegetables, Banana, Celery Sticks, Super Side Salad	10 Crispy Chick'n Salad (V) Enchilada Suiza Mini Corn Dog Turkey and Cheese Sandwich Mixed Vegetables, Applesauce, Broccoli Florets, Garden side salad	11 Chicken Caesar Salad w/ Breadstick Parmesan Chicken Pepperoni Pizza Square Protein Power Box (V) Seasoned Carrot Coins, Orange Smiles, Baby Carrots, Caesar side salad
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Local ingredients used when seasonally available

14 Barbeque Chicken Sandwich Buffalo Wrap Crispy Chick'n Salad (V) Macaroni and Cheese w/ Garlic Knot (V) Sweet Potato Crinkle Cut Fries, Apple Slices, Baby Carrots, Garden side salad	15 American Sandwich Cheese Pizza Square (V) Classic Chef Salad w/ Breadstick Veggie Burger (V) Peas and Carrots, Orange Smiles, Pineapple Tidbits, Tomato/Cucumber salad, Caesar side salad	16 Blueberry Patch Parfait w/ graham crackers (V) Spaghetti w/ Chicken Meatballs w/ Breadstick Toasted Cheese Sandwich (V) Turkey and Cheese Sandwich Roasted Broccoli, Super Side Salad, Banana, Celery Sticks	17 Turkey & Dressing, mashed potatoes, chicken gravy, green beans, cranberry sauce, wacky cake Beef Chili Frito Pie Chef Salad w/ Garlic Knot Crispy Chicken Sandwich Kidzable: Italian, Vegetarian (V) Frijoles ala Charro, Applesauce, Broccoli Florets, Garden side salad	18 Crispy Chicken Nuggets w/ Roll Deli Stackables Box Fiesta Bean and Cheese Burrito (V) Ham and Cheese Sandwich Steamed Corn, Whipped Potatoes, Orange smiles, Baby carrots, Side caesar salad
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(V) denotes vegetarian friendly item

21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving Break	24 Thanksgiving Break	25 Thanksgiving Break
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28 Breaded Drumstick Buffalo Wrap Ham and Cheese Sandwich Mozzarella Stuffed Breadsticks w/ spaghetti sauce (V) Roasted Green Beans, Apple slices, Baby carrots, Garden side salad	29 Chicken and Waffles w/ Syrup Classic Chef Salad w/ Breadstick Protein Power Box (V) Scratch Beef Lasagna Roasted Summer Squash, Orange smiles, Pineapple tidbits, Caesar side salad, Tomato/Cucumber salad	30 Chicken Caesar Salad w/ Breadstick Deluxe Cheeseburger Kidzable: Italian, Vegetarian (V) Tater Tot Casserole w/ Breadstick Roasted California Blend Vegetables, Applesauce, Broccoli florets, Garden side salad		
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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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of Milk, Juice, and Cereal offered daily Menu subject to change due to availability	Banana, Applesauce, Biscuit w/ Gravy, Toast, Cinnamon Roll, Graham Crackers, String Cheese	Orange Smiles, Strawberries, Toast, Graham Crackers, String Cheese, Apple Frudel, Sausage Breakfast Pizza	Apple Slices, Peaches Toast, Graham Crackers, String Cheese, Cinnamon Breakfast Bar, Turkey Sausage Biscuit	Blueberries, Orange Smiles, Graham Crackers, String Cheese, scrambled eggs, turkey sausage w/ toast
pears, apple slices, Toast, String cheese, Pancake Sausage Bites, Strawberry Yogurt w/ graham crackers	Banana, Applesauce, Toast, String Cheese, Graham Crackers, Biscuit w/ Gravy, Blueberry Muffin	Orange Smiles, Strawberries, Graham Crackers, Toast, String Cheese, Mini Cinnis, Sausage Breakfast Pizza	Apple Slices, Peaches Toast, String Cheese, Graham Crackers, Breakfast Sandwich, French Toast Sticks w/ Syrup	Blueberries, Orange Smiles, Toast, String Cheese, Breakfast Taco Omelet, Graham Crackers, Biscuit w/ grape jelly
Pears, Apple Slices, Toast, String Cheese, Pancake Sausage Bites, Strawberry Yogurt w/ graham crackers	Banana, Apples, Applesauce, Toast, String Cheese, Graham Crackers, Banana Muffin, Biscuit w/ gravy	Orange Smiles, Strawberries, Apples, Graham Crackers, Toast, String Cheese, Breakfast Pizza, Mini Strawberry Bagels w/ Cream Cheese	Apple Slices, Peaches, Toast, String Cheese, Graham Crackers, Breakfast Sandwich, French Toast Sticks w/ Syrup	Blueberries, Orange Smiles, Small Apples, Toast, String Cheese, Graham Crackers, Breakfast Taco Omelet, Waffle Eggoji
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
Pears, Apple Slices, Toast, String Cheese, Pancake Sausage Bites, Strawberry Yogurt w/ graham crackers	Banana, Small Apples, Applesauce, Toast, String Cheese, Graham Crackers, Biscuit w/ gravy, Double Chocolate Chip Muffin	Oranges, Apples, Strawberries, Toast, String Cheese, Graham Crackers, Breakfast Pizza, Strawberry Cream Cheese Mini Bagels		

Fresh Pick Recipe

RADISH AND CUCUMBER BRUSCHETTA

- 4 tablespoons olive oil, divided
- 8 large radishes (or 16 medium to small), sliced
- 1/2 cucumber (seedless), sliced in half moon rounds
- 1 garlic clove, sliced (optional)
- salt and pepper to taste
- 8 slices of french bread, 1/4" to 1/2" thick
- 2 tablespoons lemon juice
- 2 tablespoons parsley
- 1/2 teaspoon dill

1. Prepare ingredients as directed.
2. In small sauté pan add 1 to 2 tablespoons of olive oil, sliced garlic (if using), and sliced radishes.
3. Sauté for 5 minutes and then add the cucumbers and sauté for an additional 2 to 3 minutes. Add salt and pepper to taste.
4. Place bread slices on baking pan.
5. Combine equal parts of lemon juice and olive oil and brush on the bread. Sprinkle the fresh parsley on the bread.
6. Broil bread in oven until golden and crispy.
7. To serve, place a serving of the radish and cucumber mixture on each piece of toast and garnish with dill. This is delicious served warm or at room temperature.



Nutrition Information is available upon request.

