

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
**Breakfast:**  
 Yogurt with Fruit Cup  
**Lunch:**  
 Glazed Chicken Drumstick  
 Cheese Burger  
 Mashed Potatoes  
 Gravy  
 Mixed Vegetables  
 Caesar Salad  
 Turkey Cheese Sandwich

**2**  
**Breakfast:**  
 Ultimate Breakfast Round (v)  
**Lunch:**  
 Sweet n Sour Chickenwich  
 Hot Dogs  
 Fries  
 Ham & Cheese Sandwich  
 Baked Beans  
 Caesar Salad

**3**  
**Breakfast:**  
 Blueberry Bagel with Cream Cheese  
**Lunch:**  
 Buffalo Chicken Mac n Cheese  
 Spicy Chickenwich  
 Caesar Salad  
 Turkey & Cheese Sandwich  
 Roasted Broccoli

**4**  
**Breakfast:**  
 WG Cinnamon Roll (v) or Mini Cinnis (v)  
**Lunch:**  
 Pepperoni or Cheese Pizza  
 Chicken Nuggets  
 Roasted Carrots  
 American Sandwich  
 Garden Salad

Breakfast \$2.20 Includes: Choice of entrée listed or selection of cereal or cheese stick, choice of fruit, and milk.

**7**  
**Breakfast:**  
 Blueberry Muffin or Yogurt Cup  
**Lunch:**  
 Chicken Tenders  
 Baked Corn Dogs  
 Tots  
 Buttered Corn  
 Turkey Cheese Sandwich  
 House Salad

**8**  
**Breakfast:**  
 Apple Frudel (v)  
**Breakfast for Lunch:**  
 Pancakes & Sausage  
 Hash Brown Rounds  
 Cinnamon Apples  
 Ham and Cheese Sandwich  
 Caesar Salad

**9**  
**Breakfast:**  
 Mini Maple Waffles (v)  
**Lunch:**  
 Taco Meat or Cheese Nachos (v)  
 Chickenwich  
 Refried Beans  
 Garden Salad  
 Tuna Sandwich

**10**  
**Breakfast:**  
 Mini Blueberry Pancakes (v)  
**Lunch:**  
 Cheese Ravioli (v)  
 Marinara  
 Grilled Ham and Cheese Sandwich  
 Whole Wheat Roll  
 Tuna Sandwich  
 Green Beans



Lunch \$3.45 Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

**14**  
**Breakfast:**  
 Turkey Sausage and Cheese Bagel  
 Breakfast Sandwich  
**Lunch:**  
 Hamburgers or Cheeseburgers  
 Veggie Burger  
 Curley Fries  
 Mixed Vegetables  
 Ham & Cheese Sandwich  
 Caesar Salad

**15**  
**Breakfast:**  
 Pancake Bites with Cinnamon & Sugar (v)  
**Lunch:**  
 Spaghetti and Meatballs with Scratch Made Marinara  
 WG Roll  
 Hot Dog  
 Buttered Corn

**16**  
**Breakfast:**  
 Ultimate Breakfast Round (v)  
**Lunch:**  
 Baked Corn Dog  
 Meatball Sub  
 Fries  
 Roasted Broccoli and Carrots  
 Sunbutter & Jelly Sandwich (v)  
 Garden Salad

**17**  
**No School  
 NTMS Conferences**

**18**  
**Breakfast:**  
 Bagel with Cream Cheese  
**Lunch:**  
**Pizza Pizza!!**  
 Pepperoni or Cheese (v)  
 Turkey and Cheese Sandwich  
 House Salad

**21**  
**Breakfast:**  
 Mini French Toast (v)  
**Lunch:**  
 BBQ Chickenwich  
 Veggie Patty  
 Smiley Fries  
 Mixed Vegetables  
 Caesar Salad  
 Ham and Cheese Sandwich

**22**  
**Breakfast:**  
 Bagel and Cream Cheese  
**Lunch:**  
 Sliced Turkey Mashed Potatoes and Gravy and WG Roll  
 Fresh Local Green Beans, Cranberry Orange Sauce  
 Chicken Tenders  
 Ham and Cheese Sandwich  
 Popcorn Chicken Salad

**23**  
**Breakfast:**  
 Mini Maple Pancakes (v)  
**NO Lunch  
 1/2 Day  
 Happy Turkey Day!**



**28**  
**Breakfast:**  
 Mini Blueberry Pancakes (v) or Yogurt Cup  
**Lunch:**  
 Cheesy Breadsticks  
 Marinara  
 Spicy Chicken Sandwich  
 Tuna Sandwich  
 Chicken Caesar Salad

**29**  
**Breakfast:**  
 Waffles and Syrup  
**Lunch:**  
 Hot Dog  
 Tots  
 Toasted Cheese Sandwich  
 Tomato Soup  
 Roasted Carrots  
 Chicken Caesar Salad  
 Ham and Cheese Sandwich

**30**  
**Breakfast:**  
 Apple Frudel and Cream Cheese  
 Fruit Cup  
**Lunch:**  
 Popcorn Chicken Potato Bowl  
 Gravy  
 Cheeseburger  
 Buttered Corn  
 American Sandwich  
 House Salad

**Breakfast:**  
 Yogurt Parfait or Mini Waffles  
**Lunch:**  
 Chicken Tenders  
 Veggie Burgers  
 Fries  
 Roasted Carrots  
 Chef Salad  
 Turkey Cheese Sandwich

**Breakfast:**  
 Chocolate Muffin and Fruit Cup  
**Lunch:**  
 Pepperoni or Cheese Pizza!!!  
 Turkey Cheese Sandwich  
 Caesar Salad

(v) = meatless option



## 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](http://www.liftoffsplyground.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

### BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

**freshpick**  
for better health.  
by sodexo



### SCHOOL MEAL PRICES:

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

#### BREAKFAST:

**PAID:** ES \$2.00 MS: \$2.20

#### LUNCH:

**PAID:** ES: \$3.00 MS: \$3.45

Nutrition Information is available upon request.

