

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast \$2.00 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 Nuggets
Fries
Turkey & Cheese Sandwich
Buttered Corn

8

Breakfast:
Apple Frudel (v)

Breakfast for Lunch:
Pancakes & Sausage
Hash Brown Rounds
Cinnamon Apples
Cheese Sandwich
House Salad

9

Breakfast:
Mini Maple Waffles (v)

Lunch:
Cheesy Breadsticks and Marinara
Ham and Cheese Sandwich
Refried Beans
Caesar Salad

10

Breakfast:
Mini Blueberry Pancakes (v)

Lunch:
Pepperoni or Cheese Pizza!!
Italian Sandwich
Green Beans
Garden Salad



Lunch \$3.00 Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

14

Breakfast:
Turkey Sausage and Cheese
Breakfast

Lunch:
Cheesy Breadsticks with Marinara (v)
Mixed Vegetables
Ham & Cheese Sandwich
Caesar Salad

15

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)

Lunch:
Mini Cheese Ravioli with WG Roll (v)
Buttered Corn
House Salad

16

Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Baked Corn Dog
Sunbutter & Jelly Sandwich (v)
Garden Salad
Green Beans

17

Breakfast:
Chocolate Muffin (v) or Fruit & Yogurt Parfait (v)

Lunch:
Macaroni and Cheese (v)
Roasted Broccoli
Garden Salad
Ham and Cheese Sandwich

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:
Chicken Nuggets
Smiley Fries
Mixed Vegetables
Caesar Salad
Jelly Sandwich

22

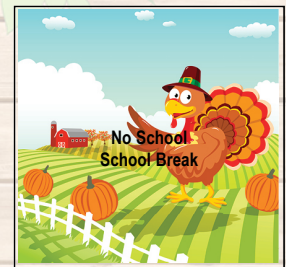
Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Sliced Turkey
Mashed Potatoes and Gravy WG Roll
Green Beans
Pumpkin Pie
Italian Sub
Chicken Caesar Salad

23

Breakfast:
Mini Maple Pancakes (v)

Lunch:
No Lunch! Half Day!
Happy Turkey Day!



28

Breakfast:
Mini Blueberry Pancakes (v) or
Breakfast on a Stick

Lunch:
Hamburger or Cheeseburger
French Fries
Turkey and Cheese Sandwich
House Salad

29

Breakfast:
Waffles and Syrup

Lunch:
Spaghetti and Marinara
Whole Grain Roll
Roasted Carrots
Caesar Salad
Ham and Cheese Sandwich

30

Breakfast:
Apple Frudel and Cream Cheese

Lunch:
Grilled Cheese
Curley Fries
Buttered Corn
Ham and Cheese Sandwich
House Salad

Breakfast:
Yogurt Parfait

Lunch:
Hot Dogs
Tots
Corn
Jelly Sandwich
House Salad

Breakfast:
Blueberry Muffin

Lunch:
Pepperoni or Cheese Pizza!!!
Sunbutter and Jelly 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

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.

