

### MONDAY



### TUESDAY



### WEDNESDAY

**1**

Sándwich de pollo y parmesano  
Nuggets de pollo  
Con panecillo  
Parfait de fresa y plátano

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Calabacín/calabaza asada  
papas fritas sonrisa

### THURSDAY

**2**

Totchos carnosos  
Quesadilla de queso  
Wrap de pollo crujiente

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Cebolla y pimiento Tator Tot  
Hash Maíz asado mexicano

### FRIDAY

**3**

Brócoli Asado Y Queso  
Papa horneada  
Muslo Glaseado BBQ  
con palitos de pan retorcidos,  
mantequilla solar y sándwich de  
jalea

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Zanahorias pequeñas glaseadas  
con manzana  
Frijoles Horneados

Fresh Pick of the Month: Grapes

**6**

Hamburguesa con queso,  
macarrones con queso  
(V) con nudo de ajo  
Sándwich de jamón y  
queso

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Tater Tots  
Mezcla de California

**7**

Crispy Chicken Sandwich  
Popcorn Chicken Bowl  
Hearty Garden Salad

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Mashed Potatoes  
Corn  
Chocolate Chip Cookie

**8**

Dunkers italianos (V)  
Sub albóndigas  
Caja de pizza Bento

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Judías verdes con parmesano  
Calabacín/calabacín asado

**9**

Perro de maíz  
Nachos de carne y queso  
Sándwich de pavo y queso

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Frijoles negros mexicanos  
Camote papas fritas  
arrugadas

**10**

Enchilada Suiza De Pollo Pizza  
De Pepperoni  
Sándwich de mantequilla y jalea

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Brócoli asado y zanahorias  
Frijoles refritos

Local ingredients used when seasonally available

**13**

Pollo Alfredo Mac Italian  
Dunkers  
Caja Bento de Pizza

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Judías Verdes Asadas  
Brócoli Asado

**14**

Pizza de queso  
Quesadilla de pollo  
Sándwich americano

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Guisantes y zanahorias  
Galleta con chispas de  
chocolate y frijoles pintos

**15**

Grilled Cheese Sandwich  
Spaghetti & Meatballs  
w/ Breadstick  
Turkey & Cheese sandwich

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Roasted Squash/Zucchini  
Sweet Potato Crinkle Fries

**16**

Cena navideña de pavo  
Con panecillo

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Judías verdes  
Patatas Batidas  
Manzana crujiente

**17**

Nuggets de pollo  
Con panecillo  
Hamburguesa Vegetariana  
Sándwich de jamón y queso

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Zanahorias glaseadas  
Puré De Papas Con Salsa

Variety of fat-free and non-fat milk offered daily

**20**

Thanksgiving Week

**21**

Thanksgiving Week

**22**

Thanksgiving Week

**23**

Thanksgiving Week

**24**

Thanksgiving Week

V) denotes vegetarian-friendly item

**27**

Muslo De Pollo Con Pollo Y  
Waffles  
Sándwich de jamón y queso

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Patatas fritas arrugadas  
Manzanas al horno con  
canela

**28**

Lasaña italiana de Dunkers con  
palito de pan y envoltura de pollo  
Buffalo

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Judías verdes con parmesano  
Calabaza asada y galleta con  
chispas de chocolate con  
calabacín

**29**

Nachos con frijoles y queso  
Nachos mexicanos de pollo  
Wrap de pollo crujiente

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Elotes de Maíz  
Frijoles charros

**30**

Perro retorcido  
Pollo naranja  
Con Arroz Integral  
Sándwich de mantequilla y  
jalea

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Brócoli asado  
Tater Tots

Menu subject to change based on product availability

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.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 de noviembre Desayuno De Salchichas Pizza Banana ~~~~~ Leche	2 de noviembre Jamón y queso Panque Ingles pasas ~~~~~ Leche	November 3 Chicken & Waffle Stacker Fresh Apple ~~~~~ Milk
6 de noviembre Tostadas decanela Barra de desayuno Coba ~~~~~ Leche	7 de noviembre Galletas y salchichas salsa Sonrisas naranjas ~~~~~ Leche	8 de noviembre Pizza de desayuno Banana ~~~~~ Leche	9 de noviembre Jamón y queso Panque Ingles Melocotones cortados en cubitos ~~~~~ Leche	10 de noviembre Galleta De Salchicha manzana fresca ~~~~~ Leche
13 de noviembre Salchicha De Panqueques Mordeduras Coba ~~~~~ Leche	14 de noviembre Galleta y salsa Rodajas De Naranja ~~~~~ Leche	15 de noviembre Pizza de desayuno Banana ~~~~~ Leche	16 de noviembre Jamón y queso Panque Ingles Melocotones cortados en cubitos ~~~~~ Leche	17 de noviembre Pollo y gofres Apilador manzana fresca ~~~~~ Leche
Thanksgiving Week	Thanksgiving Week	Thanksgiving Week	Thanksgiving Week	Thanksgiving Week
27 de noviembre Mini tostadas francesas Mordeduras Coba ~~~~~ Leche	28 de noviembre Galletas y salsa Sonrisas naranjas ~~~~~ Leche	29 de noviembre Pizza de desayuno Banana ~~~~~ Leche	30 de noviembre Muffin inglés de jamón y queso Melocotones en dados ~~~~~ Leche	<b>Variety of cereal, fat-free, &amp; low-fat milk offered daily</b>

### Fresh Pick Recipe

#### BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage(can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.