

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Chicken Parmesan Sandwich
Chicken Nuggets
W/Dinner Roll
Strawberry Banana Parfait (V)
Roasted Zucchini/Squash
Smile Fries

2

Beefy Totchos
Cheese Quesadilla (V)
Crispy Chicken Wrap
Onion & Pepper Tator Tot Hash
Mexican Roasted Corn

3

Roasted Broccoli & Cheese
Baked Potato
BBQ Glazed Drumstick
w/ Twisted Breadstick
Sunbutter & Jelly Sandwich (V)
Apple Glazed Baby Carrots
Baked Beans

Fresh Pick of the Month: Grapes

6

Cheeseburger
Macaroni & Cheese (V)
w/ Garlic Knot
Ham & Cheese Sandwich
Tater Tots
California Blend

7

Crispy Chicken Sandwich
Popcorn Chicken Bowl
Hearty Garden Salad
Mashed Potatoes
Corn
Chocolate Chip Cookie

8

Italian Dunkers (V)
Meatball Sub
Pizza Bento Box
Parmesan Green Beans
Roasted Squash/Zucchini

9

Corn Dog
Beef & Cheese Nachos
Turkey & Cheese Sandwich
Mexican Black Bean
Sweet Potato Crinkle Fries

10

Chicken Enchilada Suiza
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)
Roasted Broccoli & Carrots
Refried Beans

Local ingredients used when seasonally available

13

Chicken Alfredo Mac
Italian Dunkers (V)
Pizza Bento Box
Roasted Green Beans
Roasted Broccoli

14

Cheese Pizza (V)
Chicken Quesadilla
American Sandwich
Peas & Carrots
Pinto Beans
Chocolate Chip Cookie

15

Grilled Cheese Sandwich
Spaghetti & Meatballs
w/ Breadstick
Turkey & Cheese sandwich
Roasted Squash/Zucchini
Sweet Potato Crinkle Fries

16

Holiday Meal Sliced Turkey
W/ Dinner Roll
Green Beans
Whipped Potatoes
Apple Crisp

17

Chicken Nuggets
W/ Dinner Roll
Veggie Burger (V)
Ham & Cheese Sandwich
Glazed Carrots
Mashed Potatoes W/ Gravy

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

Chicken & Waffles
Chicken Drumstick
Ham & Cheese Sandwich
Sweet Potato Crinkle Fries
Baked Cinnamon Apples

28

Italian Dunkers (V)
Lasagna w/ Breadstick
Buffalo Chicken Wrap
Parmesan Green Beans
Roasted Squash/Zucchini
Chocolate Chip Cookie

29

Bean & Cheese Nachos
Mexi-Chicken Nachos
Crispy Chicken Wrap
Corn Elotes
Charro Beans

30

Twisted Dog
Orange Chicken
W/ Brown Rice
Sunbutter & Jelly Sandwich (V)
Roasted Broccoli
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.liftoffplayground.com

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| | | November 1 Sausage Breakfast Pizza Banana ~~~~~ Juice and Milk | November 2 Ham & Cheese English Muffin Craisins ~~~~~ Milk | November 3 Chicken & Waffle Stacker Fresh Apple ~~~~~ Juice and Milk |
| November 6 Cinnamon Toast Breakfast Bar Applesauce ~~~~~ Juice and Milk | November 7 Biscuit & Sausage gravy Orange Smiles ~~~~~ Milk | November 8 Breakfast Pizza Banana ~~~~~ Juice and Milk | November 9 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk | November 10 Sausage Biscuit Fresh Apple ~~~~~ Juice and Milk |
| November 13 Pancake Sausage Bites Applesauce ~~~~~ Juice and Milk | November 14 Biscuit & Gravy Orange Slices ~~~~~ Milk | November 15 Breakfast Pizza Banana ~~~~~ Juice and Milk | November 16 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk | November 17 Chicken & Waffle Stacker Fresh Apple ~~~~~ Juice and Milk |
| Thanksgiving Week | Thanksgiving Week | Thanksgiving Week | Thanksgiving Week | Thanksgiving Week |
| November 27 French Toast Mini Bites Applesauce ~~~~~ Juice and Milk | November 28 Biscuits & Gravy Orange Smiles ~~~~~ Milk | November 29 Breakfast Pizza Banana ~~~~~ Juice and Milk | November 30 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk | Variety of cereal, fat-free, & low-fat milk offered daily |

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.