

### MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)

Menu Subject to Change

### TUESDAY

**Thrive Garden Bar**  
Daily: Romaine or Spinach Salad  
Various Veggies:  
Corn, Carrots, Beans, Celery, Cucumbers

### WEDNESDAY

**1**  
Philly CheeseSteak on Whole Wheat Sub Roll  
  
Personal Pizza  
  
Served with Roasted Broccoli

### THURSDAY

**2**  
Pasta with Meat Sauce with Dinner Roll  
  
CheeseBurger on Whole Wheat Bun  
  
Served with Seasoned Green Beans

### FRIDAY

**3**  
**Pizza day:**  
Cheese or Pepperoni or Bacon Ranch Pizza  
  
Served with Chilled Baby Carrots

Offered Daily 11/1-11/3: Chicken Patty, Chef Salad w/ Flatbread, Turkey Club Sandwich, and Peanut Butter & Jelly Sandwich

**6**

FALL BREAK

**7**

FALL BREAK

**8**

FALL BREAK

**9**

FALL BREAK

**10**

FALL BREAK

**13**

Cheesy Stuffed Breadsticks w/ Marinara  
  
Hot Diggity Dog  
  
Sweet Potato Fries

**14**

**Taco Tuesday:**  
Turkey Nachos w/Salsa & Sour Cream  
  
Grilled Cheese Sandwich  
  
Aztec Corn

**15**

Philly Cheesesteak on Whole Wheat Sub Roll  
  
Beefy Mac w/Dinner Roll  
  
Served with Roasted Broccoli

**16**

**1/2 Day Menu**  
Chicken Patty Sandwich  
Hot Dog on Bun  
Turkey & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Cheese Sandwich  
  
Fresh Chilled Carrots

**17**

**1/2 Day Menu**  
Chicken Patty Sandwich on Whole Wheat Bun  
Hot Diggity Dog  
Turkey & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Cheese Sandwich  
  
Chilled Celery Stix

Offered Daily 11/13-11/17: Chicken Patty Sandwich, Turkey & Cheese Sandwich, and Peanut Butter & Jelly Sandwich

**20**

**1/2 Day Menu**  
Chicken Patty Sandwich  
Hot Dog Days  
Ham & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Cheese Sandwich  
  
Served with Carrot Coins

**21**

**1/2 Day Menu**  
Chicken Patty Sandwich  
Hot Dog Days  
Ham & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Cheese Sandwich  
  
Served with Chilled Celery Stix

**22**

**1/2 Day Menu**  
Ham & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Cheese Sandwich  
  
Served with Chilled Carrots

THANKSGIVING



Offered Daily 11/20 - 11/22: Ham & Cheese Sandwich, Peanut Butter & Jelly, or Cheese Sandwich

**27**

**BREAKFAST FOR LUNCH**  
French Toast Stix w/Syrup  
  
Cheeseburger on Whole Wheat Bun  
  
Sweet Potato Fries

**28**

**Taco Tuesday:**  
Beef Nachos w/Cheese  
  
Fish Stix with Tartar Sauce  
  
Served with Aztec Corn

**29**

Philly Cheese Steak on Whole Wheat Sub Roll  
  
Meatball Parm Sub  
  
Served with Roasted Broccoli & Peppers

**30**

Pasta & Meatballs with Dinner Roll  
  
Mozzarella Stix w/Marinara Sauce  
  
Served with Seasoned Green Beans

Offered Daily 11/27-11/30: Chicken Patty Sandwich, Yogurt Bagel Bag and Peanut Butter & Jelly Sandwich



## 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.liftoffspayground.com](http://www.liftoffspayground.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

### WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

**NUTRITION FACTS:**  
13 calories, .08g fat,  
5mg sodium, .65g fiber



**So Happy**

Breakfast Available Daily:  
Assorted Pop-Tarts w/Graham Crackers  
Assorted Breakfast Bar  
Assorted Muffins w/Graham Crackers  
Assorted Cereal Bar w/Graham Crackers  
Assorted Cereal w/Graham Crackers  
Fresh Daily Bagels w/Cream Cheese  
All Meals Come w/ FF Chocolate Milk, 1% Milk, or Skim Milk  
A Juice of Choice and Fruit

Nutrition Information is available upon request.