

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Wrap de pollo con salsa de César
 Sándwich de Jamón y Queso a la Parilla
 Pizza de Queso al estilo "Old School"
 ~~~~~  
 Papas fritas  
 Verduras Asadas

Fresh Pick of the Month: Grapes

**4**

Chuletón a la barbacoa  
 Penne al horno  
 Con Pan de Ajo  
 Sándwich Americano  
 ~~~~~  
 Patatas Fritas
 Ejotes Asados

5

Pizza de Queso
 Hamburguesa
 Wrap de Pollo con salsa de César
 ~~~~~  
 Papas Fritas  
 Brócoli Asado  
 Galleta con chipas de chocolate

**6**

Sándwich de Pollo con queso  
 Parmesano  
 Nuggets de Pollo con panecillo  
 Parfait de Fresa  
 ~~~~~  
 Calabacin/Calabaza Asada
 Papas Fritas

7

Totchos Carnosos
 Quesadilla de Queso
 Wrap de Pollo Crujiente
 ~~~~~  
 Papas Tots con Cebolla y Pimienta  
 Maiz Asado estilo Mexicano

**8**

Papa al Horno con Brócoli y Queso  
 Pan Bolillo  
 Muslo de Pollo Glaseado con Pan Bolillo  
 Sándwich de Mantequilla y Jalea  
 ~~~~~  
 Zanahorias Glaseadas con Sabor a Manzana
 Frijoles Homeados

Local ingredients used when seasonally available

11

Hamburguesa con Queso
 Macarrones con Queso con Pan de Ajo
 Sándwich de Jamón y Queso
 ~~~~~  
 Papas Tots  
 Vegetales Mixtos

**12**

Sándwich de Pollo Crujiente  
 Palomitas de Pollo con panecillo  
 Ensalada de jardín  
 ~~~~~  
 Puré de Papas
 Elote, Galleta de Chispas con Chocolate

13

Pan Italiano con Queso y Salsa de Tomate
 Sub de Albóndigas
 Pizza de Peperoni para niños
 ~~~~~  
 Ejotes con Queso Parmesano  
 Calabaza/calabacín Asados

**14**

Nachos de Carne y Queso  
 Corn Dog  
 Sándwich de Pavo y Queso  
 ~~~~~  
 Papas Fritas de Camote
 Frijoles Negros Estilo Mexicano

15

Enchiladas Suiza de Pollo
 Pizza de Peperoni
 Sándwich de Mantequilla y Jalea con Quesito
 Brócoli y Zanahorias Asada
 Frijoles Refritos

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

18

Winter Break

19

Winter Break

20

Winter Break



22

Winter Break

(V) denotes vegetarian-friendly item



26

Winter Break

27

Winter Break

28

Winter Break

29

Winter Break

Menu subject to change based on product availability

This institution is an equal opportunity provider.

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 de diciembre Cereal de Cheerios Quesito Manzana Fresca Jugo y Leche
4 de diciembre Tostadas Francesas Puré de Manzana ~~~~~ Jugo y Leche	5 de diciembre Pan con Salchicha y Gravy Galletas de Graham Rodaja de Naranja ~~~~~ Leche	6 de diciembre Pizza de Desayuno con Salchicha Plátano ~~~~~ Jugo y Leche	7 de diciembre Panque Ingles de pasas con jamón y Queso ~~~~~ Leche	8 de diciembre Waffles con Pollo Manzana Fresca ~~~~~ Jugo y Leche
11 de diciembre Barra Tostada de Canela Puré de Manzana ~~~~~ Jugo y Leche	12 de diciembre Pan con Gravy Galletas de Graham Rodajas de Naranja ~~~~~ Leche	13 de diciembre Pizza de Desayuno Plátano ~~~~~ Jugo y Leche	14 de diciembre Panque Ingles de pasas con jamón y Queso Rodajas de Pera ~~~~~ Leche	15 de diciembre Cereal de Canela Quesito Manzana Fresca ~~~~~ Jugo y Leche
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Winter Break	Winter Break	Winter Break	Winter Break	<i>Variety of cereal, fat-free, & low-fat milk offered daily</i>

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.