

MONDAY



TUESDAY



WEDNESDAY



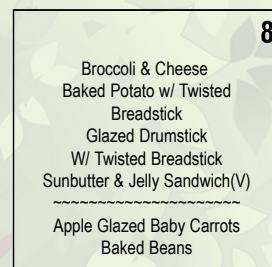
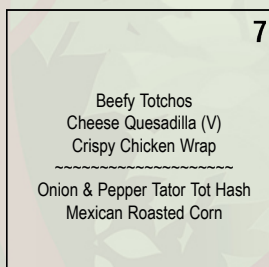
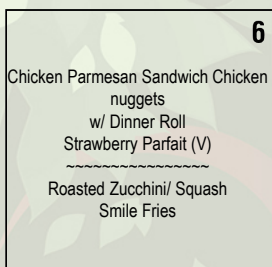
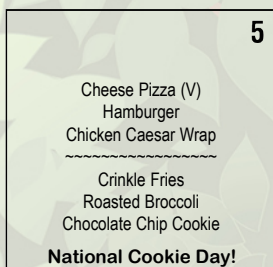
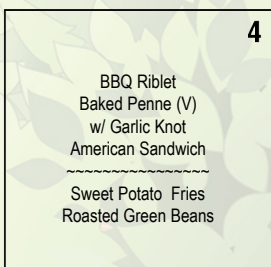
THURSDAY



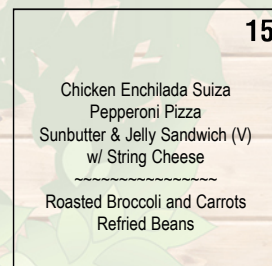
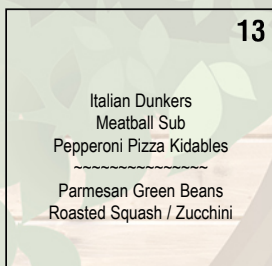
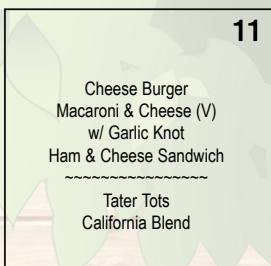
FRIDAY



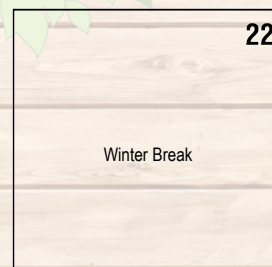
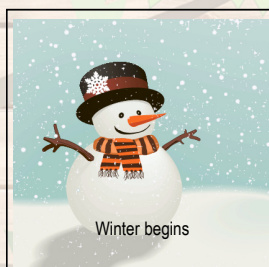
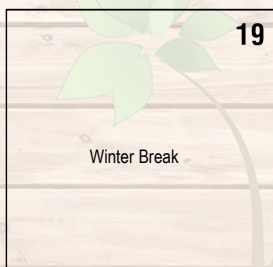
Fresh Pick of the Month: Squash



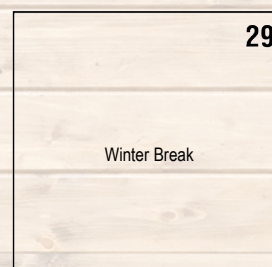
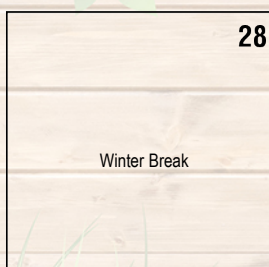
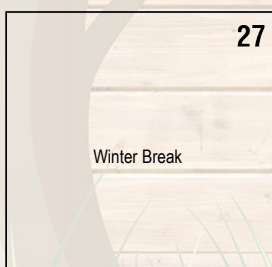
Local ingredients used when seasonally available



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



(V) denotes vegetarian-friendly item



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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				December 1 Cheerios String Cheese Fresh Apple ~~~~~ Juice and Milk
December 4 French Toast Sticks Applesauce ~~~~~ Juice and Milk	December 5 Biscuit & Sausage Gravy Graham Cracker Orange Slice ~~~~~ Milk	December 6 Sausage Breakfast Pizza Bananas ~~~~~ Juice and Milk	December 7 Ham & Cheese English Muffin Craisins ~~~~~ Milk	December 8 Chicken Waffle Stacker Fresh Apple ~~~~~ Juice and Milk
December 11 Cinnamon Toast Bar Apple Sauce ~~~~~ Juice and Milk	December 12 Biscuits & Gravy Graham Cracker Orange Slices ~~~~~ Milk	December 13 Breakfast Pizza Bananas ~~~~~ Juice and Milk	December 14 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk	December 15 Cinnamon Toast Crunch Cereal String Cheese Fresh Apple ~~~~~ Juice and Milk
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Winter Break	Winter Break	Winter Break	Winter Break	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.