

### 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

### WEDNESDAY



### THURSDAY



### FRIDAY

1

**Pizza day:**  
Old School Cheesy Pizza  
Served with Fresh Crispy Celery Stix.

Offered Daily 12/1: Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich, or Cheese Sandwich

4

**Breakfast for Lunch:**  
WG French Toast Sticks & Sausage  
Served with Syrup

Personal Pizza  
Sweet Potato Wedges

5

Hometown Corn Dogs  
Chicken Nuggets w/Dinner Roll  
All Served with  
Tater Tots  
Roasted Corn & Red Pepper Salad

6

Butter Chicken  
w/ Brown Rice  
Personal Pizza  
All Served with  
Steamed Broccoli

7

Grandmas Pasta w/ Meat Sauce  
Chicken Nuggets w/Dinner Roll  
All Served with  
Garlic Green Beans

8

**Pizza day:**  
Big Daddy Cheese Pizza  
Served with  
Fresh Crispy Celery Stix w/  
Optional Ranch Dressing

Offered Daily 12/4-12/8: Ham & Cheese Sandwich, Peanut Butter & Jelly Sandwich. or Cheese Sandwich

11

Cheeseburger on Whole Wheat Bun  
Personal Pizza  
All Served with  
Baked French Fries

12

Beef Nachos  
Chicken Nuggets  
w/ Dinner Roll  
All Served with  
Roasted Mexican Corn

13

Pulled Pork on Bun  
Personal Pizza  
Served with  
Roasted Broccoli

14

Pasta Primavera w/Chicken  
Chicken Nuggets w/Dinner Roll  
Served with  
Chilled Chickpeas

15

**Pizza Day:**  
Big Daddy Cheesy Pizza  
Served with  
Baby Carrots

Offered Daily 12/11-12/15: Italian Sub, and Peanut Butter & Jelly Sandwich, or Cheese Sandwich

18

Hot Diggity Dog  
Personal Pizza  
All Served with  
Sweet Potato Fries

19

Grilled Cheese Sandwich  
Chicken Nuggets w/Dinner Roll  
All Served with  
Aztec Corn

20

Cheeseburger on Whole Wheat Bun  
Personal Pizza  
All Served with  
Roasted Broccoli

21

Pasta w/Sausage Crumble  
Chicken Nuggets w/Dinner Roll  
All Served with  
Garlic Parmesan Green Beans

22

**1/2 Day Menu**  
Turkey & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Cheese Sandwich  
All served with Baby Carrots

Offered Daily 12/18-12/22: Turkey & Cheese Sandwich, and Peanut Butter & Jelly Sandwich, or Cheese Sandwich

25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

28





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

## BREAKFAST

### BREAKFAST

**MONDAY:** Cheerios Cereal with Graham Crackers, Fruit, & Fruit Juice

**TUESDAY:** Chocolate Muffin with Graham Crackers, Fruit & Fruit Juice

**WEDNESDAY:** Assorted Muffin with Graham Crackers, Fruit, & Fruit Juice

**THURSDAY:** Cinnamon Toast Crunch Cereal (reduced sugar) with Graham Crackers, Fruit, & Fruit Juice

**FRIDAY:** Assorted Muffins with Graham Crackers, Fruit, & Fruit Juice

All served with fresh fruit, & fruit juice, & 1% white milk, or skim milk.

### *Fresh Pick Recipe*

#### BEET SALAD WITH APPLES AND SIMPLE VINAIGRETTE

##### Salad:

- 3 beets, medium wedges
- 5 cups romaine lettuce, 1" slice
- 1 apple, large dice
- 1/4 cup sweet onion, thin slices
- 1/4 cup parmesan, shredded

##### Vinaigrette:

- 3 tablespoons light oil
- 2 tablespoons white vinegar
- 2 tablespoons fresh parsley, or 1 tablespoon dried
- salt and pepper to taste

1. Wash beets and trim the top and bottom of stems. (Do not peel entire beet.)
2. Place beets in a foil packet. Drizzle beets with 1 T of olive oil and salt and pepper to taste. Place in 375 degree oven for 45 minutes.
3. Remove from oven and slice into medium wedges.
4. Prepare the remaining salad ingredients as directed. On a large platter, layer the salad ingredients on the base of lettuces starting with the beets.
5. Prepare the vinaigrette and drizzle on salad just before serving.



Nutrition Information is available upon request.