

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 with a choice of assorted vegetables/fruits

WEDNESDAY

FEATURING FOR THE MONTH OF DECEMBER

ELVIS SANDWICH:

PEANUT BUTTER, BACON, & BANANA SANDWICH

THURSDAY



FRIDAY

1

Pizza day:

Old School Cheese Pizza, Pepperoni, or Sausage

Served with Fresh Crispy Celery Stix.

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

4

Breakfast for Lunch:

WG French Toast Sticks & Sausage

Cheesy Stuffed Breadstick w/ Marinara

Sweet Potato Wedges

5

Beef Totchos

Hometown Corn Dogs

Tater Tots

Roasted Corn & Red Pepper Salad

6

Elvis Sandwich

Butter Chicken w/ Brown Rice

Served with

Steamed Broccoli

7

Grandmas Pasta w/ Meat Sauce

French Bread Personal Pizza

All Served with Garlic Green Beans

8

Pizza day:

Big Daddy Pizza, w/ Cheese, Pepperoni, or Sausage or Chicken Bacon Ranch

All Served with

Fresh Crispy Celery Stix w/ Optional Ranch Dressing

Offered Daily 12/4-12/8: Chicken Patty Sandwich, Caesar Salad, Peanut Butter & Jelly Sandwich, or Cheese Sandwich

11

Cheeseburger on Whole Wheat Bun

French Bread Personal Pizza

All Served with

Baked French Fries

12

Beef Nachos

Chicken Nuggets w/ Dinner Roll

All Served with

Roasted Mexican Corn

13

Elvis Sandwich

Pulled Pork on Bun

Served with

Roasted Broccoli

14

Pasta Primavera w/Chicken

Mozzarella Stix w/ Marinara Sauce

Served with

Chilled Chickpeas

15

Pizza Day:

Big Daddy Pizza w/ Cheese, Pepperoni, or Sausage

Served with Green Side Salad

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

18

Cheesy Stuffed Breadsticks w/ Marinara

Hot Diggity Dog

Served with

Sweet Potato Fries

19

Taco Tuesday:
Chicken Tacos w/ Spanish Rice

Grilled Cheese Sandwich

Served with

Aztec Corn

20

Elvis Sandwich

Cheeseburger on Whole Wheat Bun

All Served with

Roasted Broccoli

21

Pasta w/Sausage Crumble

Personal Pizza

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: Chicken Patty Sandwich, 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.liftoffplayground.com

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as adults, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: **WebMD Feature: "How Much Sleep Do Children Need?"**

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

BEEF 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.



Breakfast Available Daily:
Assorted Pop-Tarts w/Graham Crackers
Assorted Breakfast Bar
Assorted Muffins w/Graham Crackers
Assorted Cereal Bar 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.