

### MONDAY

#### MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A  
1/2 CUP OF FRUIT OR VEGGIE!



### TUESDAY

### WEDNESDAY



### THURSDAY

### FRIDAY

1

#### Grilled Cheese Sandwich Smiles

Ham & Cheese Sub  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

Offered Daily: Unflavored 1% 8oz Milk, 8oz Nonfat Chocolate Milk, 8oz Skim Milk Or 8oz Lactaid Milk

4

#### Chicken Fajita Strips Rice

Italian Sub  
PB & J Sandwich  
Hand Tossed Pepperoni Pizza  
Variety of Fruits & Vegetables

5

NO  
SCHOOL

6

#### Breakfast For Lunch French Toast Sausage Tater Tots

EZ Hummus Box/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables

7

#### Macaroni & Cheese/Roll Side Salad Peas

Crispy Chicken Salad/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables

8

#### Bosco Cheese Sticks Dipping Sauce Glazed Carrots

Italian Sub  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

ALL STUDENT MEALS ARE FREE

11

#### Cheeseburger Fries

Turkey & Cheese Sandwich  
PB & J Sandwich  
Hand Tossed Pepperoni Pizza  
Variety of Fruits & Vegetables

12

#### Taco Salad Black Beans

Italian Sub  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

13

#### Hot Dog Baked Beans

EZ Hummus  
Box/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables

14

#### Chicken Patty Steamed Broccoli

Garden Salad/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables

15

#### Grilled Cheese Green Beans

Turkey &  
Cheese Sandwich  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

MENU SUBJECT TO CHANGE WITHOUT NOTIFICATION

18

#### Chicken & Waffles Steamed Carrots

Crispy Chicken Wrap  
PB & J Sandwich  
Hand Tossed Pepperoni Pizza  
Variety of Fruits & Vegetables

19

#### Beef & Cheese Nacho

Roasted Broccoli  
Chef Salad/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

20

#### Chicken Drumsticks/Roll Peas

EZ Hummus  
Box/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables

21

#### Pasta/Meat Sauce Green Beans

Chef Salad/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
**LUCKY TRAY DAY!**

22

#### Chicken & Cheese Quesadilla Corn

Crispy Chicken Wrap  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

25

#### Mini Corn Dogs Peas

American Sandwich  
PB & J Sandwich  
Hand Tossed  
Pepperoni Pizza  
Variety of Fruits & Vegetables

26

#### Bosco Cheese Sticks/Dipping Sauce

Parmesan Green Beans  
Garden Salad/Flatbread  
PB & J Sandwich  
Hand Tossed Cheese Pizza  
Variety of Fruits & Vegetables  
Juice

27

NO  
SCHOOL

THANKSGIVING  
BREAK

28

NO  
SCHOOL

THANKSGIVING  
BREAK

29

NO  
SCHOOL

THANKSGIVING  
BREAK



## 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

### PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

#### Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

**NUTRITION FACTS:**  
70 calories, 1g fat,  
20mg sodium, 1g fiber



**ALL MEALS ARE FREE,**  
however, if you would like to  
monitor your student's meal habits  
you can create a  
FREE on-line account with [www.payschoolscentral.com](http://www.payschoolscentral.com)  
**MENU SUBJECT TO CHANGE**

Nutrition Information is available upon request.

