

MONDAY

TUESDAY

WEDNESDAY

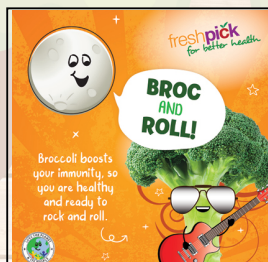
THURSDAY

FRIDAY

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!



1

1. Chicken Nuggets w/ Soft Pretzel
2. Pepperoni Pizza
3. Pinwheel Bento Box
4. Fiesta Salad w/ Roll

Sweet Potato Fries
Fruit and Vegetable garden bar
Low-Fat Milk

Nutrition information can be found on Nutrislice! Access Nutrislice online at mcps.nutrislice.com or download the app to your smartphone.

4

1. Popcorn Chicken w/ Dinner Roll
2. Mini Corn Dog Nuggets
3. Chicken Ranch Wrap
4. Chicken Caesar Salad w/Roll

Baked Beans
Fruit and Vegetable garden bar
Low-Fat Milk

5

NO SCHOOL

6

1. Chicken Patty Sandwich
2. Macaroni & Cheese w/ Breadstick
3. Big City Bites: Nashville Hot Chicken Sandwich
4. Chicken Caesar Salad w/Roll

Seasoned Carrot Coins
Fruit and Vegetable garden bar
Low-Fat Milk

7

1. Country Fried Pork Steak w/ Biscuit
2. Cheeseburger
3. Chicken Ranch Wrap
4. Chicken Caesar Salad w/Roll

Mashed Potatoes
Fruit and Vegetable garden bar
Low-Fat Milk

8

1. Cheese Pizza
2. Meatball Sub
3. Chicken Ranch Wrap
4. Chicken Caesar Salad w/Roll

Steamed Broccoli
Fruit and Vegetable garden bar
Low-Fat Milk

Free/Reduced Meal Applications available online @ mcps.org/departments/school-nutrition

11

1. Chicken & Waffles
2. Grilled Cheese Sandwich & Tomato Soup
3. Ham & Cheese Sub
4. Chef Salad w/Roll

Sweet Potato Fries
Fruit and Vegetable garden bar
Low-Fat Milk

12

1. Chicken Drumstick w/ Roll
2. Cheeseburger
3. Ham & Cheese Sub
4. Chef Salad w/Roll

Roasted Broccoli
Fruit and Vegetable garden bar
Low-Fat Milk

13

1. Popcorn Chicken w/ Roll
2. Hot Dog on a Bun
3. Ham & Cheese Sub
4. Chef Salad w/Roll

Baked Beans
Fruit and Vegetable garden bar
Low-Fat Milk

14

1. Chicken Alfredo Pasta
2. Taco Quesadilla
3. Ham & Cheese Sub
4. Chef Salad w/Roll

Steamed Corn
Fruit and Vegetable garden bar
Low-Fat Milk

15

1. Cheese Pizza
2. Crispy Chicken Sandwich
3. Ham & Cheese Sub
4. Chef Salad w/Roll

Parmesan Green Beans
Fruit and Vegetable garden bar
Low-Fat Milk

Lunch Meal Price: \$3.00 Adult Meal Price: \$4.25

18

1. Country Fried Pork Steak w/ Biscuit
2. Hot Ham & Cheese Sandwich
3. Turkey & Cheese Sub
4. Crispy Chicken Salad w/Roll

Mashed Potatoes
Fruit and Vegetable garden bar
Low-Fat Milk

19

1. Beef & Cheese Nachos
2. Chicken Patty Sandwich
3. Turkey & Cheese Sub
4. Crispy Chicken Salad w/Roll

Spanish Black Beans
Fruit and Vegetable garden bar
Low-Fat Milk

20

1. Sweet & Sour Chicken w/ Rice
2. Cheese Quesadilla
3. Big City Bites: Nashville Hot Chicken Sandwich
4. Crispy Chicken Salad w/Roll

Steamed Broccoli
Fruit and Vegetable garden bar
Low-Fat Milk

21

1. Pepperoni Pizza
2. Mini Corn Dog Nuggets
3. Turkey & Cheese Sub
4. Crispy Chicken Salad w/Roll

Seasoned Carrot Coins
Fruit and Vegetable garden bar
Low-Fat Milk

***THANKSGIVING SPECIAL 22**

1. Roasted Turkey Breast w/ Gravy, Traditional Stuffing, and Dinner Roll
2. Chicken Nuggets w/ Dinner Roll
3. Sunbutter and Jelly Sandwich w/ String Cheese

Mashed Potatoes
Seasoned Green Beans
Fruit and Vegetable garden bar

Milk Price: \$0.75

25

1. Chicken Nuggets w/ Soft Pretzel
2. Rib B Q Sandwich
3. Deli Bento Box
4. Garden Cheese Salad w/Roll

Sweet Potato Fries
Fruit and Vegetable garden bar
Low-Fat Milk

26

1. Macaroni & Cheese w/ Breadstick
2. Cheeseburger
3. Deli Bento Box
4. Garden Cheese Salad w/Roll

Roasted Zucchini
Fruit and Vegetable garden bar
Low-Fat Milk

27

NO SCHOOL



29

NO SCHOOL

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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pancakes w/ Scrambled Eggs WG Cinnamon Roll
Breakfast Pizza Banana Chocolate Chunk Benefit Bar	NO SCHOOL	Strawberry Banana Parfait Maple Mini Pancakes	Mini Cream Cheese Bagels Protein Power Up Breakfast Box	Sausage Biscuit Sandwich WG Cocoa Bread Slice
French Toast Sticks Oatmeal Chocolate Chip Breakfast Round	Double Berry Parfait Banana Bread Slice	Egg and Cheese Bagel Sandwich Banana Chocolate Chunk Benefit Bar	Breakfast Pizza Apple Pie Overnight Oats Mixed Berry Scone	Scrambled Eggs w/ Wheat Toast WG Cocoa Bread
Empanada - Egg, Sausage, Cheese, Potato Banana Chocolate Chunk Benefit Bar	Blueberry Patch Parfait WG Cinnamon Roll	Chicken Biscuit Sandwich Apple Cinnamon Muffin w/ String Cheese	Protein Power Up Breakfast Box Mini French Toast	Just Peachy Parfait Double Chocolate Muffin w/ String Cheese
Sausage Biscuit Sandwich WG Cocoa Bread Slice	French Toast Sticks Blueberry Patch Parfait	NO SCHOOL	NO SCHOOL HAPPY THANKSGIVING!	NO SCHOOL

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



Breakfast Items Available Daily:

Assorted Breakfast Cereals, Graham Crackers, Mozzarella Cheese Stick, Yogurt, Fruit, 100% Fruit Juice, Low-Fat Milk

Breakfast Meal Definition: A breakfast meal must include 3 out of 4 menu items and one must be a serving of fruit. The menu items include an entrée (may count as 1 or 2 items), up to 1 cup of fruit (students may select fresh fruit and/or 100% fruit juice) and choice of milk.

Lunch Meal Definition: A lunch meal must include at least 3 out of the 5 offered components: Meat/Meat Alternate, Grain, Vegetable, Fruit, Milk. One selection must be 1/2 cup of fruit or vegetable.

Nutrition Information is available upon request.

