

MONDAY

2

1. French Toast Sticks w/ Turkey Sausage
 2. Cheeseburger
 3. Turkey & Cheese Sandwich
- Tater Tots
Fruit and Vegetable garden bar
Low-Fat Milk

TUESDAY

3

1. Spaghetti w/ Meatballs
 2. Crispy Chicken Sandwich
 3. Fiesta Salad w/ Roll
- Roasted Cauliflower
Fruit and Vegetable garden bar
Low-Fat Milk

WEDNESDAY

4

1. Sweet n Sour Chicken w/ Brown Rice
 2. Mini Corn Dog Nuggets
 3. Turkey & Cheese Sandwich
- Steamed Broccoli
Fruit and Vegetable garden bar
Low-Fat Milk
Free Cookie Day

THURSDAY

5

1. Beef & Cheese Nachos
 2. Grilled Cheese Sandwich w/ Tomato Soup
 3. Fiesta Salad w/ Roll
- Roasted Chickpeas
Fruit and Vegetable garden bar
Low-Fat Milk

FRIDAY

6

1. Chicken Nuggets w/ Roll
 2. Pepperoni Pizza
 3. Turkey & Cheese Sandwich
- 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.

9

1. Chicken Tenders w/ Soft Pretzel
 2. Fish Sticks w/ Soft Pretzel
 3. Chicken Ranch Wrap
- Parmesan Green Beans
Fruit and Vegetable garden bar
Low-Fat Milk

10

1. Country Fried Pork Steak w/ Biscuit
 2. Cheeseburger
 3. Chicken Caesar Salad w/Roll
- Mashed Potatoes
Fruit and Vegetable garden bar
Low-Fat Milk

11

1. Chicken Patty Sandwich
 2. Macaroni & Cheese w/ Breadstick
 3. Big City Bites: Philly Chicken Cheesesteak
- Seasoned Carrot Coins
Fruit and Vegetable garden bar
Low-Fat Milk

12

1. Chicken Nuggets w/ Roll
 2. Corn Dog Nuggets
 3. Chicken Caesar Salad w/Roll
- Baked Beans
Fruit and Vegetable garden bar
Low-Fat Milk

13

1. Cheese Pizza
 2. Meatball Sub
 3. Chicken Ranch Wrap
- Steamed Broccoli
Fruit and Vegetable garden bar
Low-Fat Milk

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

16

1. Chicken & Waffles
 2. Grilled Cheese Sandwich & Tomato Soup
 3. Ham & Cheese Sandwich
- Sweet Potato Fries
Fruit and Vegetable garden bar
Low-Fat Milk

17

1. Chicken Drumstick w/ Roll
 2. Cheeseburger
 3. Chef Salad w/Roll
- Roasted Broccoli
Fruit and Vegetable garden bar
Low-Fat Milk

18

1. Popcorn Chicken w/ Roll
 2. Hot Dog on a Bun
 3. Ham & Cheese Sandwich
- Roasted Chickpeas
Fruit and Vegetable garden bar
Low-Fat Milk

19

1. Chicken Alfredo Pasta
 2. Taco Quesadilla
 3. Chef Salad w/Roll
- Steamed Corn
Fruit and Vegetable garden bar
Low-Fat Milk

20

1. Cheese Pizza
 2. Crispy Chicken Sandwich
 3. Ham & Cheese Sandwich
- Parmesan Green Beans
Fruit and Vegetable garden bar
Low-Fat Milk

Lunch Meal Price: \$3.00 Adult Meal Price: \$4.25 Milk Price: \$0.75

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

Sunbutter & Jelly Sandwich Available Daily Upon Request

30

NO SCHOOL

31

NO SCHOOL



nutrislice

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/02 Egg & Cheese Bagel Sandwich	12/03 Breakfast Pizza	12/04 Egg & Cheese English Muffin Sandwich	12/05 WG Cocoa Bread Slice	12/06 WG Cinnamon Roll
12/09 Breakfast Pizza	12/10 Empanada - Egg, Sausage, Cheese & Potato	12/11 Maple Mini Pancakes	12/12 Mini Cream Cheese Bagels	12/13 Sausage Biscuit Sandwich
12/16 French Toast Sticks	12/17 Banana Bread Slice	12/18 Mini Cream Cheese Bagels	12/19 Breakfast Pizza	12/20 Double Chocolate Chip Muffin & String Cheese
12/23 NO SCHOOL	12/24 NO SCHOOL	12/25 NO SCHOOL	12/26 NO SCHOOL	12/27 NO SCHOOL
12/28 NO SCHOOL	12/29 NO SCHOOL	12/30 NO SCHOOL	12/31 NO SCHOOL	12/31 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.

