

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Breakfast
WG Cinnamon/Sugar Pancake Bites (v)

Lunch
Hamburger or Cheeseburger
sweet & Sour Chicken/Brown Rice
Sunbutter & Jelly (v)
Featured Side: Seasoned Corn

3

Breakfast
WG Mini Maple Pancakes (v)
NATIONAL SANDWICH DAY!
Cheesy Breadsticks/Sauce (v)
Tomato soup/**Cheese Toaster** (v)
Turkey & Cheese Sandwich
Featured Side: Seasoned Green Beans

4

Breakfast
WG Ultimate Breakfast Round (v)

Lunch
Oven Grilled Hot Dog
BBQ Pulled Pork Sandwich
Fruit & Yogurt to Go Box
Featured Side: Steamed Peas

5

Breakfast
WG French Toast Sticks (v)

Lunch
Oven Baked Corn Dog
Golden Pretzel w/Cheese (v)
Chef Salad w/WG Rolls
Featured Side: Seasoned Carrot Coins

6

Breakfast
WG Iced Cinnamon Roll

NATIONAL NACHO DAY
Turkey Taco Nacho
Crispy Chicken Burger
Italian Sub Sandwich
Featured Side: Refried Beans

9

Breakfast
WG Snackin' Cinnamon Waffles (v)

Lunch
B4L: WG Pancakes and Omelet
Hamburger or Cheeseburger
Pinwheel Party Box
Featured Side: Seasoned Corn

10

Breakfast
WG Sausage Breakfast Pizza

NATIONAL CHICKEN SANDWICH DAY
Crispy Chicken or Spicy Chicken
Sandwich/Korean Meatball/Brown Rice
EZ Pizza Box
Featured Side: Steamed Peas

11

Breakfast
WG Mini Maple Pancakes (v)

Lunch
Chicken Nuggets w/WG Roll
Spaghetti w/Meaty Sauce
Fruit & Yogurt to Go Box
Featured Side: Vegetarian Baked Beans

12

Breakfast
WG Chery Frudel

Lunch
Creamy Macaroni & Cheese (v)
Chicken Drumstick w/WG Rolls
Ham & Cheese Sandwich
Featured Side: Mashed Potato

13

Breakfast
WG Mini Cinni (v)

Lunch
Scratch Made Cheese Pizza (v)
Scratch Made Pepperoni Pizza
Fish Sticks w/WG Roll
Deli Stackable Box
Featured Side: Seasoned Green Beans

16

Breakfast
WG Pancakes (v)

Lunch
Golden Pretzel
Creamy Chicken Alfredo
Blueberry Parfait w/Granola (v)
Featured Side: Steamed Broccoli

17

Breakfast
WG Snackin' Maple Waffles (v)

Lunch
Walking Nachos
Chicken Tender w/WG Roll
Fruit & Yogurt to go Box
Featured Side: Steamed Corn

18

Breakfast
WG Breakfast Sandwich

Lunch
Chicken and Waffle
Cheese Quesadilla (v)
Italian Sub Sandwich
Featured Side: Tater Tots

19

Breakfast
WG CTC Breakfast Bar (v)

Lunch
LTO: Chili w/WG Cinn. Roll
Oven Roasted Hot Dog
Sunbutter & Banana Wrap (v)
Featured Side: Seasoned Peas

20

NO SCHOOL

23

Breakfast
WG Apple Frudel (v)

Lunch
LTO: Orange Dragon/Brown Rice
BBQ Pulled Pork Sandwich
Protein Power Up Box (v)
Featured Side: Roasted Chickpeas

24

Breakfast
WG Sunbutter & Jelly English Muffin

Lunch
B4L: Pancakes & Sausage Patty
Hamburger/Cheeseburger
Ham & Cheese Sandwich
Featured Side: Seasoned Green Beans
TREAT DAY: RICE KRISPIE

25

NO SCHOOL

27

THANKSGIVING

27

**NO SCHOOL
BLACK FRIDAY**

30

Breakfast
WG French Toast Sticks (v)

Lunch
Oven Baked Corn Dog
Cheesy Breadsticks/Sauce (v)
Sunbutter & Jelly Sandwich (v)
Featured Side: Seasoned Corn

nutrislice

BROCCOLI

fresh pick for better health



Who needs strong bones? **SUPERKIDS DO!**



The perfect pair for superkids!
Eating calcium and vitamin D together helps build strong bones so you can play hard, stay active, and have fun.

THERE IS Always SOMETHING TO BE Thankful FOR



HAPPY THANKSGIVING

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.

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

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber

2026-27 Meal Pricing
Breakfast: Student \$1.75
Lunch: Student \$3.25
Breakfast Adult: \$3.05
Lunch Adult: \$5.35

Nutrition Information is available upon request.



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BREAKFAST MENU

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