

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

**Breakfast:**  
Waffles with Fruit Compote  
**Lunch:**  
Meatball Marinara Sub  
Chicken Nuggets with WG Roll  
Chef Salad with WG Rolls  
Side Veggie: Mixed Vegetables

**2**

**Breakfast:**  
Turkey Sausage Breakfast Pizza  
**Lunch:**  
**Breakfast For Lunch:** French Toast Sticks and Sausage  
**Taco Tuesday:** Turkey Soft Taco  
Fruit & Yogurt Parfait (v)  
Side Veggie: Tater Tots

**3**

**Breakfast:**  
Scrambled Egg Bowl with Toast  
**Lunch:**  
Sweet & Sour Chicken Rice Bowl  
Hot Dog  
Sunbutter & Jelly Sandwich (v)  
Side Veggie: Roasted Broccoli & Carrots

**4**

**Breakfast:**  
Build-Your-Own-Oatmeal Bowl  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Turkey Taco Nachos  
Crispy Chicken Wrap  
Side Veggie: Aztec Corn & Black Beans

**5**

**Breakfast:**  
WG Cinnamon Roll (v)  
**Lunch:**  
Homemade Cheese Pizza (v)  
Scratch Made Sloppy Joe  
Chicken Caesar Salad with WG Rolls  
Side Veggie: Mashed Potatoes

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

**8**

**Breakfast:**  
Build Your Own Yogurt Bowl (v)  
**Lunch:**  
Bean and Cheese Burrito (v)  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Side Veggie: Aztec Corn & Black Beans

**9**

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Chicken Alfredo Pasta  
Chicken Burger  
Sunbutter and Jelly Sandwich (v)  
Side Veggie: Mixed Vegetable Blend

**10**

**Breakfast:**  
Ham & Cheese Muffin Sandwich  
**Lunch:**  
Pork Posole with WG Tortilla Chips  
Pretzel with Cheese Sauce (v)  
Chef Salad with WG Rolls  
Side Veggie: Potato Wedges

**11**

**No School**

**12**

**No School**

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

**15**

**Breakfast:**  
French Toast Sticks (v)  
**Lunch:**  
**LTO: Comfort Classics** Turkey Tot'Chos with WG Rolls  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Italian Combo Stacker Box  
Side Veggie: Roasted Broccoli

**16**

**Breakfast:**  
Blueberry Overnight Oats (v)  
**Lunch:**  
**Taco Tuesday:** Turkey Soft Taco  
Glazed Chicken Drumstick with WG Rolls  
Sunbutter & Jelly Sandwich (v)  
Side Fruit: Mixed Vegetables

**17**

**Breakfast:**  
Breakfast Bowl with Toast  
**Lunch:**  
Popcorn Chicken Potato Bowl with WG Roll  
Hot Dog  
Ham & Cheese Sandwich  
Side Veggies: Baked Beans

**18**

**Breakfast:**  
Homemade Breakfast Burrito  
**Lunch:**  
Spaghetti Pasta with Plant-Based Sauce (v)  
Chicken Burger  
Chicken Caesar Salad with WG Rolls  
Side Veggie: Roasted Broccoli and Carrots

**19**

**Breakfast:**  
WG Cinnamon Roll (v)  
**Lunch:**  
Chicken & Waffles  
Grilled Cheese Sandwich (v)  
Cheese Pizza (v)  
Side Veggie: Sweet Potato Fries

**22**

Thanksgiving Holiday  
No School



**24**

Thanksgiving Holiday  
No School



**26**

Thanksgiving Holiday  
No School

**29**

**Breakfast:**  
Egg & Cheese Quesadilla (v)  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Pork Rib-B-Que Sandwich  
Ham & Cheese Sandwich  
Side Veggie: Mixed Vegetables

**30**

**Breakfast:**  
Pancake Bites with Cinnamon & Sugar (v)  
**Lunch:**  
Mini Cheese Ravioli With WG Roll  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Side Veggie: Baked Beans



(v) = meatless option

## 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](http://www.liftoffsplyground.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

### WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

**NUTRITION FACTS:**  
13 calories, .08g fat,  
5mg sodium, .65g fiber



### SCHOOL MEAL PRICES:

**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00**

**All meals for the 2021-2022 school year are FREE for all students!**

Nutrition Information is available upon request.