

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Breakfast: Yogurt with Graham Crackers (v) Lunch: National Taco Day: Turkey Soft Taco WG Rolls Sunbutter & Jelly Sandwich (v) Chef Salad with WG Rolls Side Veggie: Mixed Vegetables	2 Breakfast: Fresh Baked Muffin (v) Lunch: Popcorn Chicken with WG Roll and Fries Hot Dog w/ Fries Ham & Cheese Sandwich Side Veggie: Baked Beans	3 Breakfast: Bagel with Cream Cheese Lunch: Spaghetti Pasta with Plant-Based Sauce (v) Chicken Burger Chicken Caesar Salad with WG Rolls Side Veggie: Roasted Broccoli and Carrots	4 Breakfast: WG Cinnamon Roll (v) or Mini Cinnis (v) Lunch: Grilled Cheese Sandwich (v) Cheese Pizza (v) Fruit and Yogurt Parfait w/ Granola Side Veggie: Sweet Potato Fries
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Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

7 Breakfast: Sausage Biscuit Lunch: Teriyaki Chicken over Rice Cheesy Lasagna (v) Turkey & Cheese Sandwich Side Veggie: Roasted Broccoli & Carrots	8 Breakfast: Apple Frudel (v) Lunch: Breakfast for Lunch: Pancakes & Sausage Chicken Burger Chef Salad w/ WG Rolls Side Fruit: Baked Cinnamon Apples	9 Breakfast: Belgium Waffles (v) Lunch: Bean and Cheese Nachos (v) BBQ Chicken Sandwich Italian Sub Side Veggie: Mexican Black Beans	10 Breakfast: Breakfast Burritos Lunch: Cheese Pizza Pepperoni Pizza Turkey Hot Dogs Side Veggie: Baked Beans	11 Breakfast: Frudel Lunch: Hamburger Cheeseburger Chicken Burger Side Veggie: Creamed Corn
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Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

14 Breakfast: Turkey Sausage Breakfast Pizza Lunch: Cheesy Breadsticks with Marinara (v) Pork Rib-B-Que Sandwich Ham & Cheese Sandwich Side Veggie: Mixed Vegetables	15 Breakfast: Pancake Bites with Cinnamon & Sugar (v) Lunch: Mini Cheese Ravioli with WG Roll (v) Hamburger or Cheeseburger Fruit and Yogurt Parfait (v) w/ Granola Side Veggie: Baked Beans	16 Breakfast: Turkey Sausage Breakfast Pizza Lunch: Orange Chicken Rice Bowl Baked Corn Dog Sunbutter & Jelly Sandwich (v) Side Veggie: Roasted Broccoli and Carrots	17 Breakfast: WG Muffin (v) or Fruit & Yogurt Parfait (v) HOLIDAY Lunch, Get lunch get a surprise: Roast Turkey w/ Stuffing and Gravy Macaroni and Cheese (v) Side Veggie: Mashed Potatoes (v)	18 No School
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21 	23 Thanksgiving Break	25 
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28 Breakfast: Fluffy Pancakes (v) Lunch: Bean and Cheese Burrito (v) Hamburger or Cheeseburger w/ Tots Veggie Burger (v) w/ Tots Side Veggie: Aztec Corn & Black Beans	29 Breakfast: Turkey Sausage Breakfast Pizza Lunch: Breakfast for Lunch: French Toast Sticks and Sausage Taco Tuesday: Turkey Soft Taco Italian Sub Side Veggie: Hash Brown Potato	30 Breakfast: Mini Maple Pancakes (v) Lunch: Sweet & Sour Chicken Rice Bowl Hot Dog w/ Sweet Potato Fries Sunbutter and Jelly Sandwich (v) Side Veggies: Roasted Broccoli and Carrots	
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(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.liftoffplayground.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

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.

freshpick
for better health
by sodexo



SCHOOL MEAL PRICES:

Students who are free-priced eligible will receive student meals at no cost.
Student Breakfast \$1.50, Reduced Breakfast \$0.30 All
Student Lunch \$2.95 Elem, \$3.30 Mid, \$3.55 High, Reduced Lunch \$4.40 All
Adult Breakfast \$2.45 Adult Lunch \$4.35

*While we prefer to utilize online accounts (pre deposited money to Student account) to assist in speed of service we also accept Cash, Check and will process deposits for Student accounts.

**PLEASE NOTE: Supply Chain issues may result in unexpected menu changes. We will do everything possible to substitute with similar items. ie- chicken nuggets substitute for chicken strips. We apologize for any inconveniences and thank you for your patience and understanding.

Nutrition Information is available upon request.

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