

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**2**

Chicken Nuggets w/Roll  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**3**

Remote  
Instruction  
Day

**4**

Roasted Chicken  
w/Biscuit  
Hot Veggie  
Fruit  
Chocolate Milk

**5**

Hot Dog  
PB & J  
Fresh Veggie  
Fruit  
1% Milk

**6**

Crispy Chicken Sandwich  
PB & J  
Hot Vegetable  
Fruit  
Chocolate Milk

**9**

Pepperoni Pizza  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**10**

Spicy Chicken Poppers  
w/Breadstick  
PB & J  
Fresh Veggie  
Fruit  
1% Milk



**12**

Waffles & Tenders  
PB & J  
Fresh Veggie  
Fruit  
1% Milk

**13**

Cheeseburger  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**16**

Cheesy Chicken Quesadilla  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**17**

Cheese Pizza  
PB & J  
Fresh Veggie  
Fruit  
1% Milk

**18**

Hot Turkey & Cheese  
PB & J  
Fresh Veggie  
Fruit  
Chocolate Milk

**19**

Corn Dogs  
PB & J  
Fresh Veggie  
Fruit  
1% Milk

**20**

BBQ Chicken  
and Hushpuppies  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**23**

Hamburger  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**24**

Fiestada Pizza  
PB & J  
Fresh Veggie  
Fruit  
1% Milk



**30**

Nachos  
PB & J  
Hot Veggie  
Fruit  
Chocolate Milk

**WASH YOUR HANDS**

You are a Bright and Shining Star -  
so Let Your Light Shine!  
The world will be a brighter  
place when you do!



In a world where  
you can be anything -  
BE KIND!



## 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)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Banana Bread Fruit Juice Chocolate Milk	Remote Instruction Day	Sausage Biscuit Fruit Juice Chocolate Milk	Breakfast Pizza Fruit Juice 1% Milk	Apple Cinnamon Muffin Fruit Juice Chocolate Milk
Donut Fruit Juice Chocolate Milk	Cinnamon Roll Fruit Juice 1% Milk	Veteran's Day!	French Toast Fruit Juice 1% Milk	Cherry Strudel Fruit Juice Chocolate Milk
Blueberry Muffin Fruit Juice Chocolate Milk	Chicken Biscuit Fruit Juice 1% Milk	Breakfast Bagel Fruit Juice Chocolate Milk	Pancakes Fruit Juice 1% Milk	Fudge Poptart & Cheesestick Fruit Juice Chocolate Milk
Apple Strudel Fruit juice Chocolate Milk	Pancake Turkey Sausage Stick Fruit Juice 1% Milk			
Nutrigrain Bar w/GC Fruit Juice Chocolate Milk				

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Pay online at [www.lunchprepay.com](http://www.lunchprepay.com) Breakfast: All students - FREE; Adults - \$1.00 Lunch: Reduced - \$4.00; Paid - \$2.00; Adult - A La Carte. A school lunch consists of 5 components (Meat/Meat Alternate, Grain, Fruit, Vegetable & Milk). For cafeteria lunch service, a student can take all 5 components but must take at least 3 different components to make a reimbursable meal and one of the components MUST be at least a 1/2 cup of fruit or vegetable. For classroom service, all meals are prepackaged to ensure all components met. \*GC is an abbreviation for graham cracker. Whole grains and wheat flour used in all entrees. Menu is designed to be low sodium and reduced fat.



Nutrition Information is available upon request.

