

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

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

3

Remote
Instruction
Day

4

Remote
Instruction
Day!

5

Chicken Nuggets w/Roll
PB & J
Fresh Veggie
Fruit
1% Milk

6

Cheeseburger
PB & J
Hot Vegetable
Fruit
Chocolate Milk

9

Pepperoni Pizza
PB & J
Hot Veggie
Fruit
Chocolate Milk

10

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



12

Pepperoni Pizza
PB & J
Fresh Veggie
Fruit
1% Milk

13

Spicy Chicken Poppers
with Breadstick
PB & J
Hot Veggie
Fruit
Chocolate Milk

16

Corn Dogs
PB & J
Hot Veggie
Fruit
Chocolate Milk

17

BBQ Roasted Chicken
and Hushpuppies
PB & J
Fresh Veggie
Fruit
1% Milk

18

Remote
Instruction
Day!

19

Corn Dogs
PB & J
Fresh Veggie
Fruit
1% Milk

20

BBQ Roasted 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



The world will be a brighter
place when you let your light shine!



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Banana Bread Fruit Juice Chocolate Milk	Remote Instruction Day	Remote Instruction Day!	Banana Bread Fruit Juice 1% Milk	Apple Cinnamon Muffin Fruit Juice Chocolate Milk
Donut Fruit Juice Chocolate Milk	Cherry Strudel Fruit Juice 1% Milk	Veteran's Day!	Donut Fruit Juice 1% Milk	Cherry Strudel Fruit Juice Chocolate Milk
Breakfast Bagel Fruit Juice Chocolate Milk	Chicken Biscuit Fruit Juice 1% Milk	Remote Instruction Day!	Breakfast Bagel Fruit Juice 1% Milk	Chicken Biscuit 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 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.

