

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Kidzable: Turkey & Mozzarella
Scratch Beef Lasagna
Pepperoni Pizza

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Groovy Green Beans, Celery Sticks,  
Garden Salad, Mixed Fruit & Orange  
Smiles

Local ingredients used when seasonally available

**4**

Kidzable: Protein Power (V)  
Chicken Tenders with Dinner Roll  
Asian Meatballs with Lo Mein

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Roasted Broccoli, Baby Carrots,
Garden Salad, Pineapple Tidbits &
Orange Smiles

5

Sunbutter & Jelly Sandwich on Whole
Wheat Bread (V)
Goey Grilled Cheese Sandwich (V)
Chicken Enchilada Suiza

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Corn, Celery Sticks,  
Caesar Salad, & Diced Peaches  
\*Freshly Baked Cookie\*

**6**

Classic Ham & Cheese Sandwich on  
Whole Wheat Bread  
\*\*National Nachos Day  
Chicken & Waffles

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Emoji Potatoes, Fresh Broccoli,
Garden Salad, Diced Pears &
Apples

7

Blueberry Patch Parfait & String
Cheese (V)
Crispy Chicken Sandwich
BBQ Drumstick & Dinner Roll

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Western Baked Beans, Celery Sticks,  
Caesar Salad, & Applesauce

**8**

Kidzable: Ham & Cheese  
Chicken Quesadilla  
Home-Style Cheese Pizza (V)

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Seasoned Carrots, Fresh Broccoli,
Garden Salad, Mixed Fruit & Orange
Smiles

*Join us on November 6th for National Nacho Day!

11

Kidzable: Protein Power (V)
Crispy Chicken Sandwich
Savory Spaghetti & Meatball

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Corn, Baby Carrots,  
Garden Salad, Pineapple Tidbits &  
Orange Smiles

**12**

Sunbutter & Jelly Sandwich (V)  
Cheddar Cheese Omelet & Buttery  
Toast (V)  
Walking Nachos

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Baked Cinnamon Apples, Fresh
Broccoli, Caesar Salad, & Diced
Peaches
Freshly Baked Cookie

13

All American Sandwich on Whole
Wheat Bread
Chicken Nuggets & Dinner Roll
Sloppy Joe

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Creamy Mashed Potatoes & Gravy,  
Baby Carrots, Garden Salad, Diced  
Pears & Apples

**14**

Double Berry Parfait & String Cheese  
(V)  
Tater Tot Casserole & Twisted  
Breadstick  
Corn Dog

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Mixed Vegetables, Caesar Salad,
Fresh Broccoli, & Applesauce

15

Kidzable: Ham & Cheese
Rib-b-que Sandwich
Home-Style Cheese Pizza (V)

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Western Baked Beans, Celery Sticks,  
Garden Salad, Mixed Fruit & Orange  
Smiles

Variety of fat free and low fat milk are offered daily

**18**

Kidzable: Italian  
Charbroiled Cheeseburger  
Mexi-Chicken Nachos

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Frijoles ala Charros, Celery Sticks,
Garden Salad, Pineapple Tidbits &
Orange Smiles

19

Thanksgiving Meal

20

Classic Ham & Cheese Sandwich on
Whole Wheat Bread
Home Run Hot Dog
Chicken Nuggets & Dinner Roll

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Whipped Potatoes & Gravy, Fresh  
Broccoli, Garden Salad, & Diced  
Peaches

**21**

Strawberry Fields Parfait & String  
Cheese (V)  
Hearty Chili with Cinnamon Roll (V)  
Broccoli & Cheese Baked Potato (V)

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Golden Corn, Caesar Salad, Baby
Carrots, & Applesauce

22

Kidzable: Turkey & Mozzarella
Creamy Macaroni & Cheese (V)
Pepperoni Pizza

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Green Beans, Garden  
Salad, Celery Sticks, Mixed Fruit  
& Orange Smiles

(V) Denotes a vegetarian friendly item

**25**

Thanksgiving Break

**26**

Thanksgiving Break

**27**

Thanksgiving Break

**28**

Thanksgiving Break

**29**

Thanksgiving Break

Lunch Prices Full: \$ 2.80 Reduced \$ .40 Faculty: \$3.45 Guest: \$4

## 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.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

| MONDAY                                                                                             | TUESDAY                                                                                     | WEDNESDAY                                                                                         | THURSDAY                                                                                                         | FRIDAY                                                                                          |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Variety of Cereal, Side Toast & Milk Offered Daily!                                                |                                                                                             |                                                                                                   |                                                                                                                  | November 1<br>French Toast Sticks<br>Yogurt with Graham Crackers<br>Diced Pears<br>Orange Juice |
| November 4<br>Pancakes<br>Hard Boiled Egg<br>Diced Peaches<br>Orange Juice                         | November 5<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Orange Smiles<br>Apple Juice | November 6<br>Breakfast Pizza<br>Yogurt with Graham Crackers<br>Mixed Fruit<br>Orange Juice       | November 7<br>Filled Cinnamon Toast Crunch Bar<br>Egg & Cheese Breakfast Sandwich<br>Mixed Fruit<br>Orange Juice | November 8<br>BYO Oatmeal Bar<br>Strawberry Nutri-grain Bar<br>Diced Pears<br>Orange Juice      |
| November 11<br>French Toast Sticks<br>Yogurt with Graham Crackers<br>Diced Peaches<br>Orange Juice | November 12<br>Biscuit & Gravy<br>Coffee Cake<br>Orange Smiles<br>Apple Juice               | November 13<br>Breakfast Pizza<br>Blueberry Muffin<br>Fresh Bananas<br>Orange Juice               | November 14<br>Breakfast Taco<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice                                     | November 15<br>Cheesy Omelet<br>Strawberry Nutri-grain Bar<br>Diced Pears<br>Orange Juice       |
| November 18<br>Pancake Sausage Wrap<br>Double Chocolate Muffin<br>Diced Peaches<br>Orange Juice    | November 19<br>Sausage Biscuit<br>Glazed Donut<br>Orange Smiles<br>Apple Juice              | November 20<br>Breakfast Pizza<br>Apple Cinnamon Nutri-grain Bar<br>Fresh Bananas<br>Orange Juice | November 21<br>Cheesy Omelet<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice                                      | November 22<br>Confetti Pancakes<br>Yogurt with Graham Crackers<br>Diced Pears<br>Orange Juice  |
| November 25<br>Thanksgiving Break                                                                  | November 26<br>Thanksgiving Break                                                           | November 27<br>Thanksgiving Break                                                                 | November 28<br>Thanksgiving Break                                                                                | November 29<br>Thanksgiving Break                                                               |

### 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



### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

