

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

Kidzable: Italian Corn Dog  
French Toast Sticks with Scrambled Eggs & Sausage  
~~~~~  
Steamed Green Beans, Fresh Broccoli, Caesar Salad, Applesauce & Bananas

2

Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Frito Chili Pie Pepperoni Pizza  
~~~~~  
Seasoned Mixed Vegetables, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

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

5

Blueberry Patch Parfait with String Cheese (V)  
Charbroiled Cheeseburger  
Zesty Orange Chicken with Brown Rice  
~~~~~  
Steamed Green Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

6

Kidzable: Ham & Cheese  
\*\*Beefy Nachos  
Home-style Pepperoni Pizza  
~~~~~  
Roasted Squash & Zucchini, Celery Sticks, Caesar Salad, Diced Peaches & Bananas  
\*Freshly Baked Cookie\*

7

Terrific Turkey & Cheese Sandwich on Whole Wheat Bread  
Creamy Macaroni & Cheese (V)  
Chicken & Waffles  
~~~~~  
Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Sliced Apples

8

Kidzable: Turkey & Mozzarella  
Home Run Hot dog  
Chicken Enchilada Suiza  
~~~~~  
Seasoned Carrots, Celery Sticks, Caesar Salad, Applesauce & Fresh Bananas

9

Sunbutter & Jelly Sandwich (V)  
Cowboy Mesquite Glazed Drumstick with Dinner Roll  
Sooner Cheese Pizza (V)  
~~~~~  
Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

\*\*Celebrate Bedlam with us on November 9th! Vote for your favorite team by which entree you get!

12

Double Berry Parfait with String Cheese (V)  
Crispy Chicken Sandwich  
Savory Spaghetti & Meatballs  
~~~~~  
Mixed Vegetables, Garden Salad, Fresh Baby Carrots, Pineapple Tidbits & Orange Smiles

13

Kidzable: Ham & Cheese  
Cheesy Omelet with Toast (V)  
Home-Style Pepperoni Pizza  
~~~~~  
Tater Tots, Caesar Side Salad, Broccoli, Diced Peaches & Fresh Bananas  
\*Freshly Baked Cookie!\*

14

Terrific Turkey & Cheese Sandwich  
Rib-b-que Sandwich  
Chicken Nuggets with Dinner Roll  
~~~~~  
Whipped Potatoes & Country Gravy, Garden Side Salad, Baby Carrots, Diced Pears & Sliced Apples

15

**Thanksgiving Meal**  
Turkey & Dressing  
Mashed Potatoes & Gravy  
Green Beans, Dinner Roll & Butter, Cranberry Sauce, Apple Crisp

16

Sunbutter & Jelly Sandwich (V)  
Oklahoma Twister Dog  
Cheese Pizza (V)  
~~~~~  
Groovy Green Peas, Celery Sticks, Garden Side Salad, Mixed Fruit & Orange Smiles

Variety of fat free and low fat milk are offered daily.

19

THANKSGIVING BREAK

20

21

NO SCHOOL

22

23

\*\*Our fresh pick for November is squash! This vegetable is delicious and offers a great amount of vitamin C & potassium. Try it in our Roasted Squash and Zucchini!

26

Just Peachy Parfait and String Cheese (V)  
Grilled Chicken Stackers  
Walking Nachos  
~~~~~  
Roasted Corn, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

27

Kidzable: Ham & Cheese  
Bean & Cheese Burrito (V)  
Home-Style Pepperoni Pizza  
~~~~~  
Groovy Green Beans, Caesar Salad, Fresh Broccoli, Diced Peaches & Bananas

28

Terrific Turkey & Cheese Sandwich on Whole Wheat Bread  
\*\*French Toast Sticks, Scrambled Eggs & Sausage  
Chicken & Waffles  
~~~~~  
Emoji Potatoes, Celery Sticks, Garden Salad, Diced Pears & Sliced Apples

29

Kidzable: Protein Power!  
Goopy Grilled Cheese Sandwich  
Steak Fingers with Dinner Roll  
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Bananas  
\*Freshly Baked Cookie\*

30

Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Crispy Chicken Sandwich  
Cheese Pizza (V)  
~~~~~  
Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

Lunch Prices: Paid: \$2.70 Reduced: \$0.40 District Adult: \$3.35 Adult: \$4.00

## Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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
**Join us November 5th for National Donut Day!			November 1 Egg Muffin Sandwich Cinnamon Sugar Donut Mixed Fruit	November 2 Biscuits & Gravy Nutrigrain Bar Diced Peaches
November 5 **Cinnamon Sugar Donut Egg Muffin Sandwich Diced Peaches	November 6 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	November 7 Breakfast Pizza Blueberry Muffin Bananas	November 8 Honey Glazed Chicken Biscuit Banana Muffin Mixed Fruit	November 9 Biscuit & Gravy Strawberry Nutrigrain Bar Diced Peaches
November 12 Sausage Biscuit Glazed Donut Diced Peaches	November 13 Pancake on a Stick Chocolate Muffin Orange Smiles	November 14 Breakfast Pizza Nutrigrain Bar Bananas	November 15 Cheddar Cheese Omelet Whole Grain Cinnamon Roll Mixed Fruit	November 16 Breakfast Taco Yogurt & Goldfish Graham Cracker Diced Peaches
	THANKSGIVING BREAK		NO SCHOOL	
November 26 Honey Glazed Chicken Biscuit Chocolate Crescent Diced Peaches	November 27 French Toast Sticks Yogurt & Goldfish Graham Crackers Orange Smiles	November 28 Breakfast Pizza Blueberry Muffin Bananas	November 29 Breakfast Taco Cinnamon Roll Mixed Fruit	November 30 Biscuit & Gravy Nutrigrain Bar Diced Peaches

### 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.

