

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Strawberry Banana Parfait with String Cheese(V)
Rib-b-que Sandwich
Italian Dunkers (V)
~~~~~  
Western Baked Beans, Baby Carrots, Garden Side Salad, Pineapple Tidbits & Orange Smiles

**4**  
Kidzable: Turkey & Mozzarella Cheesy Chicken Spaghetti  
Goopy Grilled Cheese Sandwich  
~~~~~  
Green Peas, Celery Sticks, Caesar Salad, Diced Peaches & Fresh Bananas
Freshly Baked Cookie!!

5
Ham & Cheese Sandwich on Whole Wheat Bread
Chicken Fried Steak Sandwich
Crispy Chicken Nuggets & Dinner Roll
~~~~~  
Whipped Potatoes & Gravy, Garden Salad, Baby Carrots, Diced Pears & Apple Slices

**6**  
Kidzable: Italian Corn Dog  
Beefy Mac with Breadstick  
~~~~~  
Steamed Green Beans, Fresh Broccoli, Caesar Salad, Applesauce

7
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 December 4th for National Cookie Day and enjoy a freshly baked cookie with your meal!

**10**  
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

11
Kidzable: Ham & Cheese Bean & Cheese Nachos
Meatball Sub
~~~~~  
Seasoned Mixed Vegetables, Celery Sticks, Caesar Salad, Diced Peaches & Bananas  
\*Freshly Baked Cookie\*

**12**  
Terrific Turkey & Cheese Sandwich on Whole Wheat Bread  
Creamy Macaroni & Cheese (V)  
Chicken & Waffles  
~~~~~  
Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Sliced Apples

13
Kidzable: Turkey & Mozzarella Home Run Hot Dog
Steak Fingers
~~~~~  
Whipped Potatoes & Gravy, Celery Sticks, Caesar Salad, Applesauce

**14**  
Sunbutter & Jelly Sandwich (V)  
Mesquite Glazed Drumstick with Dinner Roll  
Cheese Pizza (V)  
~~~~~  
Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

17
Double Berry Parfait with String Cheese (V)
Crispy Chicken Sandwich
Savory Spaghetti & Meatballs
~~~~~  
Mixed Vegetables, Garden Salad, Fresh Baby Carrots, Pineapple Tidbits & Orange Smiles

**18**  
Holiday Meal  
~~~~~  
Turkey & Dressing
Mashed Potatoes & Gravy
Green Beans, Dinner Roll & Butter, Cranberry Sauce, Apple Crisp

19
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

**20**  
Kidzable: Protein Power!  
Goopy Grilled Cheese Sandwich  
Chicken Nachos  
~~~~~  
Pinto Beans, Caesar Side Salad, Broccoli, Applesauce

21
Sunbutter & Jelly Sandwich on Whole Wheat Bread(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.

**24**  
  
  
  
  
  
  
  
  
  
**Winter Break!**

**25**  
  
  
  
  
  
  
  
  
  
**Merry Christmas!**

**26**  
  
  
  
  
  
  
  
  
  
**Winter Break**

**27**  
  
  
  
  
  
  
  
  
  
**Winter Break**

**28**  
  
  
  
  
  
  
  
  
  
**Winter Break**

(V) Denotes a vegetarian friendly item.

**31**  
  
  
  
  
  
  
  
  
  
**Winter Break!**



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

This institution is an equal opportunity provider and employer.



## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



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                                                                                 |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| December 3<br>Honey Glazed Chicken Biscuit<br>Chocolate Crescent<br>Diced Peaches | December 4<br>French Toast Sticks<br>Yogurt & Goldfish<br>Graham Cracker<br>Orange Smiles | December 5<br>Breakfast Pizza<br>Blueberry Muffin<br>Bananas                         | December 6<br>Egg Muffin Breakfast Sandwich<br>Whole Grain Cinnamon Roll<br>Mixed Fruit            | December 7<br>Biscuit & Gravy<br>Strawberry Nutrigrain Bar<br>Diced Peaches            |
| December 10<br>Sausage Biscuit<br>Glazed Whole Grain Donut<br>Diced Peaches       | December 11<br>Pancake on a Stick<br>Double Chocolate Muffin<br>Orange Smiles             | December 12<br>Breakfast Pizza<br>Apple Cinnamon<br>Nutrigrain Bar<br>Bananas        | December 13<br>Cheddar Cheese Omelet<br>Whole Grain Cinnamon Roll<br>Mixed Fruit                   | December 14<br>Biscuit & Gravy<br>Yogurt & Goldfish<br>Graham Cracker<br>Diced Peaches |
| December 17<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Diced Peaches     | December 18<br>Pancakes<br>Hard Boiled Egg<br>Orange Smiles                               | December 19<br>Breakfast Pizza<br>Yogurt & Goldfish<br>Graham Cracker<br>Mixed Fruit | December 20<br>Egg Muffin Breakfast Sandwich<br>Cinnamon Sugar<br>Whole Grain Donut<br>Mixed Fruit | December 21<br>Biscuit & Gravy<br>Strawberry Nutrigrain Bar<br>Diced Peaches           |
| December 24<br><b>Winter Break</b> ~~~~~                                          | December 25<br><b>Merry Christmas!</b>                                                    | December 26                                                                          | December 27                                                                                        | December 28<br>~~~~~                                                                   |
| December 31                                                                       |                                                                                           |                                                                                      |                                                                                                    |                                                                                        |

### 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.

