

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Kidzable: Italian Italian Dunkers (V)
Chicken Fried Steak Sandwich

Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

3

Sunbutter & Jelly Sandwich on Whole Wheat Bread
Frito Chili Pie
Cheesy Chicken Spaghetti

Golden Corn, Celery Sticks, Caesar Salad, Diced Peaches
Mini Rice Krispies Treat

4

All American Sandwich on Whole Wheat Bread
Creamy Mac & Cheese (V)
Chicken Nuggets & Dinner Roll

Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple

5

Strawberry Banana Parfait & String Cheese (V)
**Cozy Chicken Pot Pie
Corn Dog

Tater Tots, Fresh Broccoli, Caesar Salad, Applesauce

6

Kidzable: Turkey & Mozzarella
Scratch Beef Lasagna
Pepperoni Pizza

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

**Join us on December 5th for National Comfort Food Day! We are celebrating while enjoying some Cozy Chicken Pot Pie!

9

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

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

10

Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Beefy Nachos
Chicken Enchilada Suiza

Golden Corn, Celery Sticks, Caesar Salad, Diced Peaches & Bananas
Freshly Baked Cookie

11

Classic Ham & Cheese Sandwich on Whole Wheat Bread
Goopy Grilled Cheese Sandwich (V)
Chicken & Waffles

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

12

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

Western Baked Beans, Celery Sticks, Caesar Salad, Applesauce

13

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

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

Variety of fat free and low fat milk are offered daily. Local ingredients used when seasonally available.

16

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

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

17

Holiday Meal

18

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

Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Sliced Apples

19

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

Mixed Vegetables, Caesar Salad, Fresh Broccoli, Applesauce

20

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

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

23

Holiday Break

24

Holiday Break

25

Holiday Break

26

Holiday Break

27

Holiday Break

(V) Denotes a vegetarian friendly item

30

Holiday Break

31

Holiday Break

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

This institution is an equal opportunity provider.

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| December 2 French Toast Sticks Yogurt & Graham Crackers Diced Peaches Orange Juice | December 3 Sausage Biscuit Glazed Donut Orange Smiles Apple Juice | December 4 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Applesauce Orange Juice | December 5 Breakfast Taco Cinnamon Roll Mixed Fruit Apple Juice | December 6 Biscuit & Gravy Yogurt with Graham Crackers Diced Pears Orange Juice |
| December 9 Pancake Sausage Wrap Double Chocolate Muffin Diced Peaches Orange Juice | December 10 Sausage Biscuit Glazed Donut Orange Smiles Apple Juice | December 11 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Applesauce Orange Juice | December 12 Cheesy Omelet Cinnamon Roll Mixed Fruit Apple Juice | December 13 Biscuit & Gravy Yogurt & Graham Crackers Diced Pears Orange Juice |
| December 16 Pancakes Hard Boiled Egg Diced Peaches Orange Juice | December 17 Honey Glazed Chicken Biscuit Banana Muffin Orange Smiles Apple Juice | December 18 Breakfast Pizza Yogurt & Graham Crackers Mixed Fruit Orange Juice | December 19 Egg & Cheese Biscuit Filled Cinnamon Toast Crunch Bar Mixed Fruit Apple Juice | December 20 **Birthday Confetti Pancakes! Strawberry Nutrigrain Bar Diced Pears Orange Juice |
| December 23 Holiday Break | December 24 Holiday Break | December 25 Holiday Break | December 26 Holiday Break | December 27 Holiday Break |
| December 30 Holiday Break | December 31 Holiday Break | | | |

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.



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.

