

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Italian Dunkers (V)
Western Baked Beans,
Pineapple Tidbits

3

Frito Chili Pie
Golden Corn, , Diced Peaches
Mini Rice Krispies Treat

4

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy,
Diced Pears

5

Corn Dog
Tater Tots,
Applesauce

6

Pepperoni Pizza
Groovy Green Beans,
Mixed Fruit

9

Chicken Tenders with Dinner Roll
Roasted Broccoli,
Pineapple Tidbits

10

Beefy Nachos
Golden Corn,
Diced Peaches
Freshly Baked Cookie

11

Chicken & Waffles
Emoji Potatoes,
Diced Pears

12

BBQ Drumstick & Dinner Roll
Western Baked Beans,
Applesauce

13

Home-Style Cheese Pizza (V)
Seasoned Carrots,
Mixed Fruit

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

16

Crispy Chicken Sandwich
Golden Corn,
Pineapple Tidbits

17

Holiday Meal

18

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy,
Diced Pears

19

Corn Dog
Mixed Vegetables,
Applesauce

20

Home-Style Cheese Pizza (V)
Western Baked Beans,
Mixed Fruit

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

Holiday Break

Holiday Break

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 Cold Cereal Graham Crackers Juice Milk	December 3 Cold Cereal Graham Crackers Juice Milk	December 4 Trix Yogurt Graham Crackers Juice Milk	December 5 Cold Cereal Graham Crackers Juice Milk	December 6 Cold Cereal Graham Crackers Juice Milk
December 9 Cold Cereal Graham Crackers Juice Milk	December 10 Cold Cereal Graham Crackers Juice Milk	December 11 Trix Yogurt Graham Crackers Juice Milk	December 12 Cold Cereal Graham Crackers Juice Milk	December 13 Cold Cereal Graham Crackers Juice Milk
December 16 Cold Cereal Graham Crackers Juice Milk	December 17 Cold Cereal Graham Crackers Juice Milk	December 18 Trix Yogurt Graham Crackers Juice Milk	December 19 Cold Cereal Graham Crackers Juice Milk	December 20 Cold Cereal Graham Crackers Juice Milk
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)
- ¾ 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 canteloupe 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.

