

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**2**

Classic Chef Salad  
Kidzable: Italian  
Italian Dunkers (V)  
Chicken Fried Steak Sandwich

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

**3**

Classic Chef Salad  
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**

Chicken Caesar Salad  
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**

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

Tater Tots, Fresh Broccoli, Caesar  
Salad, Applesauce

**6**

Crispy Chicken Salad  
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**

Classic Chef Salad  
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**

Classic Chef Salad  
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**

Chicken Caesar Salad  
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**

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

Western Baked Beans, Celery Sticks,  
Caesar Salad, Applesauce

**13**

Crispy Chicken Salad  
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**

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

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

**17**

Holiday Meal

**18**

Chicken Caesar Salad  
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**

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

Mixed Vegetables, Caesar Salad,  
Fresh Broccoli, Applesauce

**20**

Crispy Chicken Salad  
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: \$3 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](http://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.

