

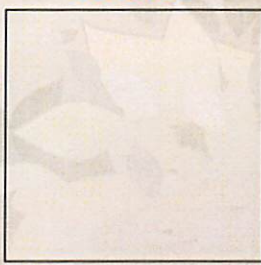
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**

Pepperoni Pizza  
Grilled Cheese Sandwich (V)  
Chicken Caesar Wrap

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Sweet Potato Deep Groove Crinkles

**4**

Crispy Chicken Sandwich  
Baked Penne (V)  
American Sandwich

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Roasted Green Beans

**5**

Cheese Pizza (V)  
Hamburger  
Pinwheel Party Box

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Roasted Broccoli  
Chocolate Chip Cookie

**6**

BBQ Riblet Sandwich  
Chicken Nuggets  
Strawberry Banana Parfait (V)

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Small Fries

**7**

Beefy Totchos  
Cheese Quesadilla (V)  
Crispy Chicken Wrap

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Mexican Roasted Corn

**8**

Pepperoni Pizza  
BBQ Glazed Drumstick  
Sunbutter & Jelly Sandwich (V)

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Baked Beans

**11**

Cheeseburger  
Macaroni & Cheese (V)  
Ham & Cheese Sandwich

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Roasted Squash & Zucchini

**12**

Holiday Meal

**13**

Italian Cheese Dippers (V)  
Beef & Cheese Nachos  
Pizza Bento Box

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California Blend Vegetables

**14**

Corn Dog  
Chicken Enchilada (V)  
Turkey & Cheese Sandwich

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Mixed Vegetables

**15**

Meatball Sub  
Pepperoni Pizza  
Sunbutter & Jelly Sandwich (V)

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Carrot Coins

**18**

Winter Break

**19**

Winter Break

**20**

Winter Break

**21**

Winter Break

**22**

Winter Break



**26**

Winter Break

**27**

Winter Break

**28**

Winter Break

**29**

Winter Break



## 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
				<b>December 1</b> English Muffin Cinnamon Toast Apple Slices ----- Fruit Juice and Milk
<b>December 4</b> French Toast Sticks Buttery Toast Applesauce ----- Fruit Juice and Milk	<b>December 5</b> Biscuits & Gravy Cinnamon Roll Orange Smiles ----- Fruit Juice and Milk	<b>December 6</b> Breakfast Pizza Buttery Toast Bananas ----- Fruit Juice and Milk	<b>December 7</b> H&C English Muffin Oatmeal Craisins ----- Fruit Juice and Milk	<b>December 8</b> Waffle Flatbread Stacker Cinnamon Toast Apple Slices ----- Fruit Juice and Milk
<b>December 11</b> Cinnamon Toast Crunch Bar Buttery Toast Apple Sauce ----- Fruit Juice and Milk	<b>December 12</b> Biscuit & Gravy Cinnamon Toast Orange Smiles ----- Fruit Juice and Milk	<b>December 13</b> Breakfast Pizza Buttery Toast Bananas ----- Fruit Juice and Milk	<b>December 14</b> H&C English Muffin Donut Peaches ----- Fruit Juice and Milk	<b>December 15</b> Sausage Biscuit Cinnamon Toast Apple Slices ----- Fruit Juice and Milk
<b>December 18</b>  Winter Break	<b>December 19</b>  Winter Break	<b>December 20</b>  Winter Break	<b>December 21</b>  Winter Break	<b>December 22</b>  Winter Break
<b>December 25</b> Holiday Break	<b>December 26</b>  Winter Break	<b>December 27</b>  Winter Break	<b>December 28</b>  Winter Break	<b>December 29</b>  Winter Break

### Fresh Pick Recipe

#### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.