

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Oklahoma Twister Dog
Orange Chicken & Rice Bowl
Chef Salad
Sunbutter & Jelly Sandwich (V)

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Cooked Peas, Fresh Broccoli, & Side Garden Salad  
Applesauce & Diced Pears

**2**

Cheese Nachos (V)  
Fish Tacos  
Crispy Chicken Wrap  
Blueberry Patch Parfait

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Charro Beans, Baby Carrots, & Side Caesar Salad
Orange Smiles & Strawberries

Fresh Pick of the Month: Oranges!

5

Homemade Panna Pasta Bake (V)
Crispy Chicken Sandwich
All-American Sandwich
Chicken Caesar Salad

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Green Beans, Baby Carrots, & Side Garden Salad  
Apple Slices & Diced Peaches

**6**

Homestyle Pepperoni Pizza  
3 Cheese Grilled Cheese Sandwich (V)  
Chef Salad  
Pinwheel Party Box

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Roasted Broccoli, Tomato Cucumber Salad, & Side Caesar Salad
Orange Smiles & Pineapple

7

Crispy Chicken Nuggets
BBQ Rib Sandwich
Strawberry Banana Parfait (V)
Turkey & Cheese Sandwich

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Smiley Potatoes, Celery Sticks, & Side Salad  
Bananas & Blueberries

**8**

Beef Totchos  
Cheese Enchiladas (V)  
Crispy Chicken Wrap  
Pizza Bento Box

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Mexican Corn, Fresh Broccoli, & Side Garden Salad
Applesauce & Diced Pears

9

Signature Steak Fingers
BBQ Glazed Drumstick
Chef Salad
Sunbutter & Jelly Sandwich (V)

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Mashed Potatoes, Baked Beans, Baby Carrots, & Side Caesar Salad  
Orange Smiles & Strawberries

Local ingredients used when seasonally available

**12**

Classic Cheeseburger  
Chicken Alfredo Mac  
Just Peachy Parfait (V)  
Ham & Cheese Sandwich

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Roasted Squash & Zucchini, Baby Carrots, & Side Garden Salad
Apple Slices & Diced Peaches

13

Holiday Meal
Glazed Ham
Mashed Potatoes and Gravy
Green Beans
Dinner Roll

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Side Caesar Salad  
Orange Smiles & Pineapples

**14**

Italian Cheese Dippers (V)  
Meatball Sub  
Buffalo Chicken Wrap  
Pepperoni Bento Box

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California Blend Vegetables, Celery Sticks, & Side Salad
Bananas & Blueberries

15

Mini Corn Dogs
Chicken Enchilada Suiza
Crispy Chick'n Salad (V)
Turkey & Cheese Sandwich

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Mixed Vegetables, Fresh Broccoli, & Side Garden Salad  
Applesauce & Diced Pears

**16**

Chicken Parmesan  
Old School Pepperoni Pizza  
Protein Power Pack (V)  
Chicken Caesar Salad

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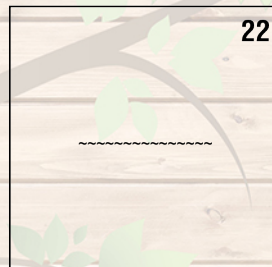
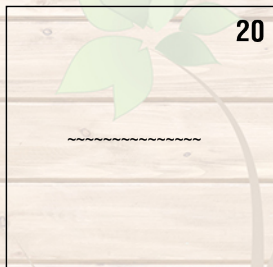
Cooked Peas, Baby Carrots, Side Caesar Salad
Orange Smiles & Strawberries

Fat-free and low-fat milk offered daily

19

No School

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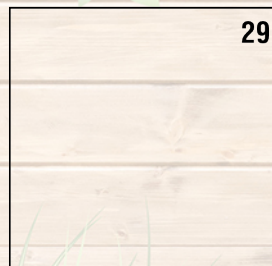


**23**

No School

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(V) denotes vegetarian friendly item



MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

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 1 American Breakfast Sandwich French Toast Sticks Cereal Apple Slices & Diced Peaches	December 2 Breakfast Egg Taco Waffles Cereal Orange Smiles & Blueberries
December 5 Breakfast on a Stick Vanilla Yogurt Cereal Apple Slices & Diced Pears	December 6 Biscuits & Gravy Cinnamon Roll Cereal Bananas & Applesauce	December 7 Breakfast Pizza Apple Frudel Cereal Orange Smiles & Blueberries	December 8 Sausage Biscuit Cinnamon Toast Crunch Breakfast Bar Cereal Apple Slices & Diced Peaches	December 9 Homestyle Breakfast Plate Pancakes Cereal Orange Smiles & Blueberries
December 12 Pancake Sausage Bites Strawberry Yogurt Cereal Apple Slices & Diced Pears	December 13 Biscuits & Gravy Blueberry Muffin Cereal Bananas & Applesauce	December 14 Breakfast Pizza Mini Cinnamon Rolls Cereal Orange Smiles & Blueberries	December 15 American Breakfast Sandwich French Toast Sticks Cereal Apple Slices & Diced Peaches	December 16 Breakfast Egg Taco Biscuit & Jelly Cereal Orange Smiles & Blueberries
December 19	December 20	December 21	December 22	December 23
December 26	December 27	December 28	December 29	December 30

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.