

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Homestyle Pepperoni Pizza
Veggie Burger (V)
Chef Salad
Pinwheel Party Box

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

2

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

Smiley Potatoes, Celery Sticks, & Side Salad
Bananas & Mixed Fruit

3

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

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

4

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

Mashed Potatoes, Baked Beans, Baby Carrots, & Side Caesar Salad
Orange Smiles & Variety of Fruit

7

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

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

8

Popcorn Chicken Bowl
3-Cheese Grilled
Cheese Sandwich (V)
Crispy Chicken Wrap
Chicken Caesar Salad

Baked Beans, Tomato Cucumber Salad, & Side Caesar Salad
Orange Smiles & Pineapples

9

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

California Blend Vegetables, Celery Sticks, & Side Salad
Bananas & Mixed Fruit

10

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

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

11

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

Cooked Peas, Baby Carrots, Side Caesar Salad
Orange Smiles & Variety of Fruit

14

BBQ Chicken Sandwich
Mac & Cheese (V)
Buffalo Chicken Wrap
Crispy Chick'n Salad (V)

Sweet Potato Fries, Baby Carrots, & side Garden Salad
Apple Slices & Diced Peaches

15

Old School Cheese Pizza (V)
Veggie Burger (V)
All-American Sandwich
Chef Salad

Peas and Carrots, Tomato Cucumber Salad, & Side Caesar Salad
Orange Smiles & Pineapple

16

Grilled Cheese Sandwich (V)
Spaghetti & Meatballs
Blueberry Patch Parfait (V)
Turkey & Cheese Sandwich

Roasted Broccoli, Celery Sticks, & Side Salad
Bananas & Mixed Fruit

17

Holiday Meal!
Roasted Turkey
Mashed Potatoes & Gravy
Dressing and Dinner Roll
Special Dessert

Green Beans, Fresh Broccoli, & Side Garden Salad
Applesauce & Diced Pears

18

Manager's Choice

21

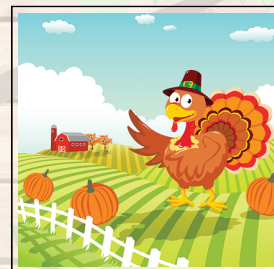
No School

22

No School

23

No School



25

No School

28

Breaded Drumstick
Italian Cheese Dippers (V)
Buffalo Chicken Wrap
Ham & Cheese Sandwich

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

29

Chicken & Waffles
Baked Lasagna
Chef Salad
Protein Power Pack (V)

Roasted Squash & Zucchini, Tomato Cucumber Salad, & Side Caesar Salad
Orange Smiles & Pineapple

30

Tater Tot Casserole
Classic Cheeseburger
Chicken Caesar Salad
Pizza Bento Box (V)

California Blend Vegetables, Celery Sticks, & Side Salad
Bananas & Mixed Fruit

31

No School

32

No School

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.



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
	November 1 Biscuits & Gravy Cinnamon Roll Cereal Bananas & Applesauce	November 2 Breakfast Pizza Apple Frudel Cereal Orange Smiles & Pears	November 3 Sausage Biscuit Cinnamon Toast Crunch Breakfast Bar Cereal Apple Slices & Diced Peaches	November 4 Homestyle Breakfast Plate Pancakes Cereal Orange Smiles & Mixed Fruit
November 7 Pancake Sausage Bites Strawberry Yogurt Cereal Apple Slices & Diced Pears	November 8 Biscuits & Gravy Blueberry Muffin Cereal Bananas & Applesauce	November 9 Breakfast Pizza Mini Cinnamon Rolls Cereal Orange Smiles & Pears	November 10 American Breakfast Sandwich French Toast Sticks Cereal Apple Slices & Diced Peaches	November 11 Breakfast Egg Taco Biscuit & Jelly Cereal Orange Smiles & Mixed Fruit
November 14 Pancake Sausage Bites Strawberry Yogurt Cereal Apple Slices & Diced Pears	November 15 Biscuit & Gravy Banana Muffin Cereal Bananas & Applesauce	November 16 Breakfast Pizza Strawberry Bagel w/Cream Cheese Cereal Orange Smiles & Pears	November 17 Homestyle Breakfast Plate French Toast Sticks Cereal Apple Slices & Diced Peaches	November 18 Breakfast Egg Taco Waffles Cereal Orange Smiles & Mixed Fruit
November 21 No School	November 22 No School	November 23 No School	November 24 No School	November 25 No School
November 28 Pancake Sausage Bites Strawberry Yogurt Cereal Apple Slices & Diced Pears	November 29 Biscuits & Gravy Double Chocolate Muffin Cereal Bananas & Applesauce	November 30 Breakfast Pizza Strawberry Bagel with Cream Cheese Cereal Orange Smiles & Pears		

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
 - 1 ½ T Olive oil
 - Salt and pepper to taste
 - 1 c Yogurt (plain/non-fat)
 - 1 t Garlic (minced)
 - 1 ½ T Lemon juice
 - 1 T Chives (minced)
 - 1 T Parsley (minced)
1. Prepare ingredients as directed.
 2. Preheat oven to 425 degrees.
 3. Drain potatoes and place on paper towel to absorb the water.
 4. Spray baking sheet with oil. Place wedges on baking sheet.
 5. Drizzle the potatoes with the oil and desired salt and pepper.
 6. Mix potatoes so they are evenly coated with the oil.
 7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
 8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.