

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**1**

Sunbutter & Jelly Sandwich (V) or  
Oklahoma Twister Dog

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Cooked Peas  
Applesauce

**2**

Yogurt Parfait & Graham Crackers (V)  
or  
Hot Ham and Cheese Sandwich

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Carrot Coins  
Bananas

Fresh Pick of the Month: Oranges!

**5**

Baked Penne (V) or  
All American Sandwich

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Green Beans  
Applesauce

**6**

Homestyle Pizza or  
Pinwheel Party Box

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Roasted Broccoli  
Mandarin Oranges

**7**

Chicken Nuggets or  
Turkey and Cheese Sandwich

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Peas & Carrots & Smiley Potatoes  
Blueberries

**8**

Cheese Enchiladas or  
Pizza Bento Box

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Steamed Corn  
Diced Pears

**9**

Steak Fingers or  
Sunbutter and Jelly Sandwich

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Mixed Vegetables & Mashed Potatoes  
Applesauce

Local ingredients used when seasonally available

**12**

Cheeseburger or  
Ham and Cheese Sandwich

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Roasted Squash and Zucchini  
Diced Peaches

**13**

Holiday Meal or  
All American Sandwich

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Mashed Potatoes and Gravy  
Diced Pears

**14**

Italian Dunkers (V) or  
Pizza Bento Box

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California Blend Vegetables  
Bananas

**15**

Mini Corn Dogs or  
Turkey & Cheese Sandwich

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Mixed Vegetables  
Mandarin Oranges

**16**

Cheese Pizza (V) or  
Ham and Cheese Sandwich

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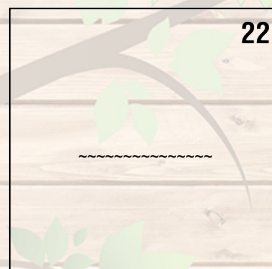
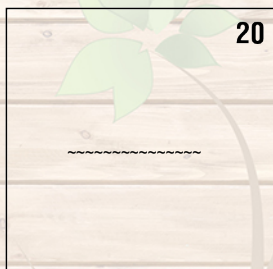
Carrot Coins  
Applesauce

Fat-free and low-fat milk offered daily

**19**

No School

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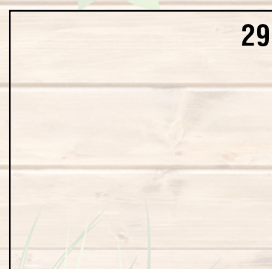


**23**

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](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>December 1</b> Cereal or Frudel Milk Juice	<b>December 2</b> Cereal or Muffin Milk Juice
<b>December 5</b> Cereal or Breakfast Bar Milk Juice	<b>December 6</b> Cereal or Muffin Milk Juice	<b>December 7</b> Cereal or Poptart Milk Juice	<b>December 8</b> Cereal or Breakfast Bar Milk Juice	<b>December 9</b> Cereal or Muffin Milk Juice
<b>December 12</b> Cereal or Frudel Milk Juice	<b>December 13</b> Cereal or Muffin Milk Juice	<b>December 14</b> Cereal or Mini Cinni Milk Juice	<b>December 15</b> Cereal or Poptart Milk Juice	<b>December 16</b> Cereal or Muffin Milk Juice
<b>December 19</b>	<b>December 20</b>	<b>December 21</b>	<b>December 22</b>	<b>December 23</b>
<b>December 26</b>	<b>December 27</b>	<b>December 28</b>	<b>December 29</b>	<b>December 30</b>

### 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.