

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

1

Homestyle Pepperoni Pizza or  
Pinwheel Box

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Roasted Broccoli  
Mandarin Oranges

2

Crispy Chicken Nuggets or  
Turkey and Cheese Sandwich

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Peas & Carrots & Smiley Potatoes  
Banana

3

Pizza Bento Box or  
Corndog

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Steamed Corn  
Diced Pears

4

Signature Steak Fingers or  
American Sandwich

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Mixed Vegetables & Mashed Potatoes  
Applesauce

Fresh Pick of the Month: Sweet Potatoes!

7

Cheeseburger or  
Ham & Cheese Sandwich

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Roasted Squash and Zucchini  
Diced Peaches

8

Popcorn Chicken or  
Yogurt Parfait

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Baked Beans  
Diced Pears

9

Italian Cheese Dippers (V) or  
American Sandwich

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California Blend Vegetables  
Bananas

10

Mini Corndogs or  
Turkey & Cheese Sandwich

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Mixed Vegetables  
Mandarin Oranges

11

Old School Pepperoni Pizza or  
Sunbutter & Jelly Sandwich

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Carrot Coins  
Applesauce

Local ingredients used when seasonally available

14

Mac & Cheese (V) or  
Ham and Cheese Sandwich

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Roasted Broccoli  
Diced Peaches

15

Old School Cheese Pizza (V) or  
All American Sandwich

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Peas and Carrots  
Diced Pears

16

Grilled Cheese Sandwich or  
Yogurt Parfait

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Roasted Squash & Zucchini  
Bananas

17

Turkey Holiday Meal or  
Turkey and Cheese Sandwich

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Mashed Potatoes & Gravy  
Green Beans

18

Manager's Choice

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Fat-free and low-fat milk offered daily

21

No School

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22

No School

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23

No School

~~~~~



25

No School

~~~~~

(V) denotes vegetarian friendly item

28

Italian Cheese Dippers (V) or  
Ham and Cheese Sandwich

~~~~~

Green Beans  
Diced Peaches

29

Classic Lasagna or  
Sunbutter and Jelly Sandwich

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Roasted Squash & Zucchini  
Diced Pear

30

Cheeseburger or  
All American Sandwich

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California Blend Vegetables  
Mandarin Oranges

Menu subject to change based on product availability

This institution is an equal opportunity provider.

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

### BREAKFAST MENU

| MONDAY                                                          | TUESDAY                                                  | WEDNESDAY                                                      | THURSDAY                                                      | FRIDAY                                                         |
|-----------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------|
|                                                                 | <b>November 1</b><br>Cereal or Poptart<br>Milk<br>Juice  | <b>November 2</b><br>Cereal or Frudel<br>Milk<br>Juice         | <b>November 3</b><br>Cereal or Breakfast Bar<br>Milk<br>Juice | <b>November 4</b><br>Cereal or Nutrigrain Bar<br>Milk<br>Juice |
| <b>November 7</b><br>Cereal or Poptart<br>Milk<br>Juice         | <b>November 8</b><br>Cereal or Muffin<br>Milk<br>Juice   | <b>November 9</b><br>Cereal or Breakfast Bar<br>Milk<br>Juice  | <b>November 10</b><br>Cereal or Apple Frudel<br>Milk<br>Juice | <b>November 11</b><br>Cereal or Poptart<br>Milk<br>Juice       |
| <b>November 14</b><br>Cereal or Nutrigrain Bar<br>Milk<br>Juice | <b>November 15</b><br>Cereal or Muffin<br>Milk<br>Juice  | <b>November 16</b><br>Cereal or Breakfast Bar<br>Milk<br>Juice | <b>November 17</b><br>Cereal or Apple Frudel<br>Milk<br>Juice | <b>November 18</b><br>Cereal or Breakfast Bar<br>Milk<br>Juice |
| <b>November 21</b><br>No School                                 | <b>November 22</b><br>No School                          | <b>November 23</b><br>No School                                | <b>November 24</b><br>No School                               | <b>November 25</b><br>No School                                |
| <b>November 28</b><br>Cereal or Muffin<br>Milk<br>Juice         | <b>November 29</b><br>Cereal or Poptart<br>Milk<br>Juice | <b>November 30</b><br>Cereal or Breakfast Bar<br>Milk<br>Juice |                                                               |                                                                |

### 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.