

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chili Frito Pie
Turkey & Ham Sand. w/ Chips
Fruit, Veggie and Milk

2

Cheeseburger w/ Fries
Mozz. Brdstick w/ Sauce & Fries
Fruit, Veggie and Milk

3

Orange Chicken Rice Bowl
Cheese Pizza
Fruit & Veggies
Milk

4

Walking Taco's w/ Ref. Beans
Chicken Nuggets w/ Roll & Tots
Fruit & Veggies
Milk

7

NO SCHOOL

8

Pasta Bowl w/ Brdstick
Italian Sand. w/ Chips
Fruit & Veggies
Milk

9

Chili Dog w/ Chips
Chicken Ques. w/ Ref. Beans
Fruit & Veggies
Milk

10

Mac. & Cheese w/ Breadstick
Sloppy Joe w/ Tots
Fruit & Veggies
Milk

11

Popcorn Chicken Bowl w/ Roll
Cheese Pizza
Fruit & Veggies
Milk

14

NO SCHOOL

15

Chicken Alfredo w/ Brdstick
Meatball Sub w/ Chips
Fruit & Veggies
Milk

16

Ham & Cheese Sub w/ Baked Beans
Corn Dog w/ Tots
Fruit & Veggies
Milk

17

Nacho's w/ Beans
Cheeseburger w/ Fries
Fruit & Veggies
Milk

18

Turkey Gravy w/ Mashed Potatoes
Green Beans & Roll
Cheeseburger w/ Fries
Fruit & Veggies
Milk

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

28

Crispy Chicken Sand. w/ Fries
Cheese Pizza
Fruit & Veggies
Milk

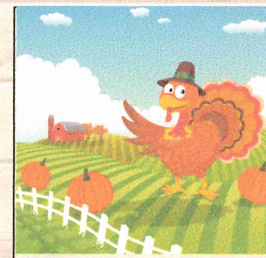
29

Chili Beans w/ Brdstick
Ham & Cheese Sub w/ Chips
Fruit & Veggies
Milk

30

Chicken Nuggets w/ Roll & Tots
Nacho's w/ Ref. Beans
Fruit & Veggies
Milk

THANKSGIVING



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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/1/22 Sausage & Egg Biscuit Cereal w/ Ch. Stick Bagel w/ Cream Cheese Juice, Fruit & Milk	11/2/22 French Toast w/ Syrup Cereal w/ Ch. Stick Muffin w/ Ch. Stick Juice, Fruit & Milk	11/3/22 Oatmeal UBR Cookie Donuts w/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, & Milk	11/4/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles w/ Syrup Juice, Fruit, & Milk
11/7/22 NO SCHOOL	11/8/22 Ham & Egg Biscuit Cereal w/ Ch Stick Bagel w/ Cr Cheese Juice, Fruit, & Milk	11/9/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	11/10/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit & Milk	11/11/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles w/ Syrup Juice, Fruit, & Milk
11/14/22 NO SCHOOL	11/15/22 Bacon & Egg Biscuit Bagel w/ Cr Cheese Cereal w/ Ch Stick Juice, Fruit, & Milk	11/16/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	11/17/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	11/18/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles w/ Syrup Juice, Fruit, & Milk
11/21/22 NO SCHOOL	11/22/22 NO SCHOOL	11/23/22 NO SCHOOL	11/24/22 NO SCHOOL	11/25/22 NO SCHOOL
11/28/22 Breakfast Pizza Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	11/29/22 Bacon & Egg Biscuit Cereal w/ Ch Stick Bagel w/ Cr Cheese Juice, Fruit, & Milk	11/30/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	12/1/22 Oatmeal Uber Cookie Cereal w/ Ch. Stick Donuts w/ Ch. Stick Juice, Fruit & Milk	12/2/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles Juice, Fruit, & Milk

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.