

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Popcorn Chicken Bowl w/ Roll
BBQ Pork Sand. w/ Baked Beans
Fruit & Veggies
Milk

2
Beef, Bean & Cheese Burrito
Corn Dog & Tots
Fruit & Veggies
Milk

5
Omelet & French Toast
Combo Sand. & Chips
Fruit, Veggie & Milk

6
Fish Sticks w/ Fries
Crispy Chicken w/ Fries
Fruit & Veggies
Milk

7
Cheeseburger w/ Fries
Mozz. Brdstick w/ Spag. Sauce
Fruit & Veggies
Milk

8
Teriyaki Chicken
Cheese Pizza
Fruit & Veggies
Milk

9
Chicken Nuggets w/ Roll & Tots
Walking Taco's w/ Refried Beans
Fruit & Veggies
Milk

12
Chicken & Waffles
Grilled Ham & Cheese Sand.
Fruit, Veggie & Milk

13
Rotini Pasta w/ Brdstick
Italian Sub w/ Chips
Fruit & Veggies
Milk

14
Chili Dog
Chick. Ques. w/ Ref. Beans
Fruit & Veggies
Milk

15
Ham, Mash. Potato w/
Gravy & Green Beans
Fruit & Roll
Milk

16
Pepperoni Pizza
Sloppy Joe w/ Tots
Fruit & Veggies
Milk

19
NO SCHOOL

20
NO SCHOOL

21
NO SCHOOL

22
NO SCHOOL

23
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL

30
NO SCHOOL

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.



Sadava 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
			12/1/22 Oatmeal UBR Cookie Donuts w/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, & Milk	12/2/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles w/ Syrup Juice, Fruit, & Milk
12/5/22 Breakfast Pizza Cereal w/ Ch. Stick Muffin w/ Ch. Stick Juice, Fruit & Milk	12/8/22 Egg & Cheese Biscuit Cereal w/ Ch Stick Bagel w/ Cr Cheese Juice, Fruit, & Milk	12/7/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	12/8/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit & Milk	12/9/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles w/ Syrup Juice, Fruit, & Milk
12/12/22 Breakfast Pizza Cereal w/ Ch. Stick Muffin w/ Ch. Stick Juice, Fruit & Milk	12/13/22 Egg & Cheese Biscuit Bagel w/ Cr Cheese Cereal w/ Ch Stick Juice, Fruit, & Milk	12/14/22 French Toast Cereal w/ Ch Stick Muffin w/ Ch Stick Juice, Fruit, & Milk	12/15/22 Oatmeal UBR Cookie Cereal w/ Ch Stick Donuts w/ Ch Stick Juice, Fruit, & Milk	12/16/22 Breakfast Burrito Cereal w/ Ch Stick Mini Waffles w/ Syrup Juice, Fruit, & Milk
12/19/22 NO SCHOOL	12/20/22 NO SCHOOL	12/21/22 NO SCHOOL	12/22/22 NO SCHOOL	12/23/22 NO SCHOOL
12/26/22 NO SCHOOL	12/27/22 NO SCHOOL	12/28/22 NO SCHOOL	12/29/22 NO SCHOOL	12/30/22 NO SCHOOL

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.