

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Breakfast: Maple Mini Waffles (v) Lunch: Chicken Alfredo Pasta Chicken Burger Italian Sub	2 Breakfast: Ham & Cheese Breakfast Sandwich Lunch: BBQ Pork Sandwich Pretzel with Cheese Sauce (v) Turkey & Cheese Sandwich	3 Breakfast: Fruit & Yogurt Parfait (v) Lunch: Bean Burrito (v) Baked Corn Dog American Sandwich	4 Breakfast: Muffin (v) Lunch: Cheese Pizza (v) Pepperoni Pizza Southwest Chicken Wrap
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Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

7 Breakfast: French Toast Sticks (v) Lunch: Turkey Tot'Chos with WG Rolls Cheeseburger Italian Combo Stacker Box	8 Breakfast: Blueberry Overnight Oats (v) Lunch: Turkey Soft Taco Glazed Chicken Drumstick WG Rolls Chef Salad with WG Rolls	9 Breakfast: Breakfast Bowl with Toast Lunch: Popcorn Chicken Potato Bowl with WG Roll Hot Dog Ham & Cheese Sandwich	10 Breakfast: Homemade Breakfast Burrito Lunch: Spaghetti Pasta with Plant-Based Sauce (v) Chicken Burger Turkey & Cheese Sandwich	11 NO SCHOOL
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Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

14 NO SCHOOL	15 Breakfast: Pancake Sausage on a Stick Lunch: Breakfast for Lunch: Pancakes & Sausage Chicken Burger Fruit & Yo To Go Box (v)	16 Breakfast: Egg & Cheese Breakfast Sandwich (v) Lunch: Bean and Cheese Nachos (v) BBQ Chicken Sandwich Italian Sub	17 Breakfast: Pancakes with Syrup (v) Lunch: Turkey Gravy over Mashed Potatoes and WG Rolls Chicken Nuggets with WG Roll Fruit & Yogurt Parfait (v)	18 Breakfast: Freshly Baked Banana Muffin Top Lunch: Cheese Pizza (v) Hawaiian Pizza Sunbutter and Jelly Sandwich (v)
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MENU ITEMS SUBJECT TO CHANGE DUE TO PRODUCT SHORTAGES

21 Breakfast: Egg & Cheese Quesadilla (v) Lunch: Cheesy Breadsticks with Marinara (v) Pork Rib-B-Que Sandwich Fruit & Yo To-Go Box (v)	22 Breakfast: Pancake Bites with Cinnamon & Sugar (v) Lunch: Bean Burrito (v) Cheeseburger Deli Stackables Box	23 NO SCHOOL THANKSGIVING HOLIDAY	24 NO SCHOOL THANKSGIVING HOLIDAY	25 NO SCHOOL THANKSGIVING HOLIDAY
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28 Breakfast: Waffles with Fruit Compote (v) Lunch: Meatball Marinara Sub Chicken Nuggets with WG Roll Chef Salad with WG Rolls	29 Breakfast: Turkey Sausage Breakfast Pizza Lunch: Breakfast for Lunch: French Toast Sticks and Sausage Taco Tuesday: Turkey Soft Taco Italian Sub	30 Breakfast: Breakfast Bowl with Toast Lunch: Sweet & Sour Chicken Rice Bowl Hot Dog Sunbutter & Jelly Sandwich (v)	<p>freshpick for better health</p>	<p>THERE IS Always SOMETHING TO BE Thankful FOR</p> <p>HAPPY THANKSGIVING</p>
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(v) = meatless option

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

Refresh Your Mind Every Monday

Not all stress is the same. Some of the stress that we face in life can be more detrimental to our well-being, and some types of stress can actually be healthy for us. Good stress, or eustress, can be beneficial and is actually necessary for our overall wellbeing. This is the type of "positive" stress that keeps us excited about life. The excitement of a roller-coaster ride, a scary movie or a fun challenge are all examples of eustress. On the other hand, bad stress, or distress, can be detrimental to our health if it becomes chronic and sustained over time. Persistent stress has been shown to cause cardiovascular risks, digestive disorders and decreased immune response as well as sleep loss and mood disorders.

Realizing the magnitude of stress in our country, a team of researchers who created The Mondays Campaign developed a new initiative called DeStress Monday. This program helps people put a positive start on each week while reducing stress throughout the week. DeStress Monday provides helpful, evidence-based stress reduction tools and resources distributed through their website, social media and weekly newsletters. Have a happy week and check out these free destressing resources for yourself, your friends and colleagues at: <https://www.destressmonday.org/#>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/ medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.

freshpick
for better health.
by sodexo



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: ES \$1.60 MS: \$1.85 HS: \$1.85 Adult \$3.00

LUNCH:

PAID: ES: \$2.65 MS: \$3.20 HS: \$3.45 Adult \$4.35 Must have exact change.

Nutrition Information is available upon request.