

MONDAY



TUESDAY



WEDNESDAY

1

Sunbutter & Jelly Sandwich
Pepperoni Pizza
Hot Dog

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Roasted Broccoli & Carrots, Celery Sticks, Garden Salad, Applesauce

**THURSDAY**

**2**

Bento Box  
Crispy Chicken Sandwich  
Taco Quesadilla

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Tater Tot Hash, Fresh Broccoli, Garden Salad, Orange Smiles

FRIDAY

3

Turkey & Cheese Sandwich
Frito Chili Pie
Steak Fingers

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Mashed Potatoes w/ Gravy, Baby Carrots, Garden Salad, Cinnamon Swirled Apples

Fresh Pick of the Month: Oranges!

**6**

Yogurt & Fruit Parfait (V)  
Italian Meatball Sub  
Homestyle Cheese Pizza (V)

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Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples

7

Italian Deli Sandwich
Giant Beef Taco
Spaghetti with Meat Sauce

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Green Beans, Fresh Broccoli, Garden Salad, Diced Pears

**8**

Sunbutter & Jelly Sandwich  
Sweet & Sour Chicken with Rice  
Hot Dog

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Roasted Broccoli & Carrots, Celery Sticks, Garden Salad, Applesauce

9

Turkey & Cheese Sandwich
Taco Nachos
Italian Dunkers (V)

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Aztec Corn, Fresh Broccoli, Garden Salad, Orange Smiles

**10**

Bento Box  
BBQ Chicken Sandwich  
Chicken Nuggets & Garlic Knot

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Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Cinnamon Swirled Apples

Local Ingredients used when seasonally available

13

Ham & Cheese Sandwich
Classic Chicken Alfredo Mac
Cheeseburger

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Mixed Vegetables, Baby Carrots, Caesar Salad, Diced Peaches

**14**

HOLIDAY MEAL

**15**

Turkey & Cheese Sandwich  
Crispy Chicken Sandwich  
Baked Penne Pasta (V)

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Potato Wedges, Celery Sticks, Garden Salad, Applesauce

16

All American Sandwich
Parmesan Chicken
Mini Corn Dogs

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Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit

**17**

All American Sandwich  
Chicken Enchilada Suiza  
Cheese Pizza (V)

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Roasted Broccoli & Carrots, Baby Carrots, Garden Salad, Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

20

WINTER BREAK

21

WINTER BREAK

22

WINTER BREAK

23



(V) Denotes vegetarian friendly item

27

WINTER BREAK

28

WINTER BREAK

29

WINTER BREAK

30

WINTER BREAK

31

WINTER BREAK

Menu subject to changed 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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Dec 1 Muffin French Toast Sticks Orange Smiles	Dec 2 Biscuit & Gravy Peaches n' Cream Oats Diced Peaches	Dec 3 Muffin Blueberry Mini Waffles Applesauce
Dec 6 Oatmeal Round Pop Tart Diced Peaches	Dec 7 Pancakes Yogurt & Fruit Parfait Mixed Fruit	Dec 8 Biscuit & Gravy Pop Tart Orange Smiles	Dec 9 Tater Tot Burrito Yogurt & Fruit Parfait Diced Pears	Dec 10 Breakfast Pizza Pop Tart Orange Smiles
Dec 13 Sausage Biscuit Yogurt & Fruit Smoothie Applesauce	Dec 14 Whole Grain Bagel Blueberry Muffin Diced Peaches	Dec 15 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	Dec 16 Honey Glazed Chicken Biscuit Chocolate Muffin Diced Pears	Dec 17 Cinnamon Roll Fruit & Yogurt Smoothie Orange Smiles
Dec 20 WINTER BREAK	Dec 21 WINTER BREAK	Dec 22 WINTER BREAK	Dec 23 WINTER BREAK	Dec 24 Christmas Eve
Dec 27 WINTER BREAK	Dec 28 WINTER BREAK	Dec 29 WINTER BREAK	Dec 30 WINTER BREAK	Dec 31 New Year's Eve

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.