

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p>Ham &amp; Cheese Sandwich Yogurt &amp; Fruit Parfait (V) Italian Meatball Sub Homestyle Cheese Pizza (V)</p> <p>~~~~~</p> <p>Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples</p>	<p>Chicken Caesar Salad Italian Deli Sandwich Giant Beef Taco Spaghetti with Meat Sauce</p> <p>~~~~~</p> <p>Tater Tots, Fresh Broccoli, Garden Salad, Diced Peaches</p>	<p>Yogurt &amp; Fruit Parfait Fiesta Salad Sweet &amp; Sour Chicken with Rice Hot Dog</p> <p>~~~~~</p> <p>Roasted Broccoli &amp; Carrots, Celery Sticks, Garden Salad, Fresh Bananas</p>	<p>All American Sandwich Crispy Chicken Wrap Taco Nachos Italian Dunkers (V)</p> <p>~~~~~</p> <p>Aztec Corn, Fresh Broccoli, Garden Salad, Orange Smiles</p>	<p>Kidzable Yogurt &amp; Fruit Parfait BBQ Chicken Sandwich Chicken Nuggets &amp; Garlic Knot</p> <p>~~~~~</p> <p>Mashed Potatoes &amp; Gravy, Baby Carrots, Garden Salad, Cinnamon Swirled Apples</p>

<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>Chef Salad Ham &amp; Cheese Sandwich Beefy Macaroni Cheeseburger</p> <p>~~~~~</p> <p>Mixed Vegetables, Baby Carrots, Caesar Salad, Diced Peaches</p>	<p>Kidzable Chicken Caesar Salad Glazed Chicken Drumstick Walking Nachos</p> <p>~~~~~</p> <p>Aztec Corn, Fresh Broccoli, Garden Salad, Diced Peaches</p>	<p>Yogurt &amp; Fruit Parfait Turkey &amp; Cheese Sandwich Crispy Chicken Sandwich Baked Penne Pasta (V)</p> <p>~~~~~</p> <p>Potato Wedges, Celery Sticks, Garden Salad, Applesauce</p>	<p>Crispy Chicken Salad All American Sandwich Parmesan Chicken Mini Corn Dogs</p> <p>~~~~~</p> <p>Baked Beans, Fresh Broccoli, Garden Salad, Orange Smiles</p>	<p>Yogurt &amp; Fruit Parfait All American Sandwich Chicken Enchilada Suiza Cheese Pizza (V)</p> <p>~~~~~</p> <p>Roasted Broccoli &amp; Carrots, Baby Carrots, Garden Salad, Cinnamon Swirled Apples</p>

Local ingredients used when seasonally available

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>Kidzable Turkey &amp; Cheese Sandwich Classic Mac &amp; Cheese (V) Breakfast for Lunch: Pancakes &amp; Scrambled Eggs</p> <p>~~~~~</p> <p>Tater Tots, Baby Carrots, Caesar Salad, Diced Peaches</p>	<p>Ham &amp; Cheese Sandwich Chef Salad Lasagna Rollup Beefy Tot'chos</p> <p>~~~~~</p> <p>Mixed Vegetables, Fresh Broccoli, Garden Salad, Fresh Oranges</p>	<p>Yogurt &amp; Fruit Parfait Classic Ham &amp; Cheese Sandwich Popcorn Chicken Bowl Hot Dog</p> <p>~~~~~</p> <p>Mashed Potatoes &amp; Gravy, Fresh Broccoli, Garden Salad, Fresh Bananas</p>	<p><b>HOLIDAY MEAL</b></p> <p>~~~~~</p> <p>Turkey, Mashed Potatoes &amp; Gravy, Stuffing, Green Beans, Roll &amp; Dessert</p>	<p>Yogurt &amp; Fruit Parfait Crispy Chicken Wrap Goosey Grilled Cheese Sandwich Cheese Pizza (V)</p> <p>~~~~~</p> <p>Emoji Potatoes, Celery Sticks, Garden Salad, Cinnamon Swirled Apples</p>

Variety of fat free and low fat milk are offered daily

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break		Thanksgiving Break

(V) Denotes a vegetarian friendly item

<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
<p>Yogurt &amp; Fruit Parfait Ham &amp; Cheese Sandwich Cheese Ravioli (V) Chicken Nuggets</p> <p>~~~~~</p> <p>Mashed Potatoes &amp; Gravy, Mixed Vegetables, Baby Carrots, Diced Peaches</p>	<p>Chef Salad Classic Ham &amp; Cheese Sandwich Cheeseburger Italian Dunkers (V)</p> <p>~~~~~</p> <p>Baked Beans, Fresh Broccoli, Garden Salad, Orange Smiles</p>			

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.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1 Oatmeal Round Yogurt & Fruit Parfait Applesauce	November 2 Pancakes Yogurt & Fruit Parfait Mixed Fruit	November 3 Biscuit & Gravy Pop Tart Orange Smiles	November 4 Tater Tot Burrito Yogurt & Fruit Parfait Diced Pears	November 5 Breakfast Pizza Pop Tart Orange Smiles
November 8 Sausage Biscuit Yogurt & Fruit Smoothie Applesauce	November 9 Breakfast Pizza Blueberry Muffin Diced Peaches	November 10 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	November 11 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	November 12 Cinnamon Roll Fruit & Yogurt Smoothie Pears
November 15 American Breakfast Sandwich Yogurt & Fruit Parfait Mixed Fruit	November 16 Pancakes Yogurt & Fruit Parfait Diced Peaches	November 17 Breakfast Pizza Yogurt & Fruit Parfait Orange Smiles	November 18 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	November 19 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
November 22 THANKSGIVING BREAK	November 23 THANKSGIVING BREAK	November 24 THANKSGIVING BREAK	November 25 Happy Thanksgiving	November 26 THANKSGIVING BREAK
November 29 Mini Cinnamon Bagels Chocolate Muffin Mixed Fruit	November 30 Breakfast Pizza Fruit & Yogurt Parfait Baked Cinnamon Apples			Variety of Cereal Offered Daily

### 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.