

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Pepperoni Pizza

Roasted Broccoli & Carrots
Applesauce

2

Crispy Chicken Sandwich

Tater Tot Hash
Mixed Fruit

3

Steak Fingers

Green Beans
Cinnamon Swirled Apples

Fresh Pick of the Month: Oranges!

6

Homestyle Cheese Pizza (V)

Mixed Vegetables
Diced Peaches

7

Spaghetti with Meat Sauce

Green Beans
Diced Pears

8

Hot Dog

Roasted Broccoli & Carrots
Applesauce

9

Italian Dunkers (V)

Aztec Corn
Mixed Fruit

10

Chicken Nuggets & Garlic Knot

Mashed Potatoes & Gravy
Cinnamon Swirled Apples

Local Ingredients used when seasonally available

13

Cheeseburger

Mixed Vegetables
Diced Peaches

14

HOLIDAY MEAL

15

Crispy Chicken Sandwich

Potato Wedges
Applesauce

16

Mini Corn Dogs

Baked Beans
Mixed Fruit

17

Cheese Pizza (V)

Roasted Broccoli & Carrots
Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

20

WINTER BREAK

21

WINTER BREAK

22

WINTER BREAK

23

WINTER BREAK



(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 Assorted Cereal Milk Juice	Dec 2 Assorted Cereal Milk Juice	Dec 3 Assorted Cereal Milk Juice
Dec 6 Assorted Cereal Milk Juice	Dec 7 Assorted Cereal Milk Juice	Dec 8 Assorted Cereal Milk Juice	Dec 9 Assorted Cereal Milk Juice	Dec 10 Assorted Cereal Milk Juice
Dec 13 Assorted Cereal Milk Juice	Dec 14 Assorted Cereal Milk Juice	Dec 15 Assorted Cereal Milk Juice	Dec 16 Assorted Cereal Milk Juice	Dec 17 Assorted Cereal Milk Juice
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.