

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Homestyle Cheese Pizza (V) ----- Mixed Vegetables, Fresh Apples	Spaghetti with Meat Sauce ----- Tater Tots, Diced Pears	Hot Dog ----- Roasted Broccoli & Carrots Fresh Bananas	Italian Dunkers (V) ----- Aztec Corn, Orange Smiles	Chicken Nuggets & Garlic Knot ----- Mashed Potatoes & Gravy, Cinnamon Swirled Apples


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8	9	10	11	12
Cheeseburger ----- Mixed Vegetables Diced Peaches	Glazed Chicken Drumstick ----- Aztec Corn Diced Pears	Crispy Chicken Sandwich ----- Potato Wedges Applesauce	Mini Corn Dogs ----- Baked Beans Orange Smiles	Cheese Pizza (V) ----- Roasted Broccoli & Carrot, Cinnamon Swirled Apples

Local ingredients used when seasonally available

15	16	17	18	19
Classic Mac & Cheese (V) ----- Tater Tots Diced Peaches	Lasagna Rollup ----- Mixed Vegetables Fresh Oranges	Hot Dog ----- Mashed Potatoes & Gravy Fresh Bananas	HOLIDAY MEAL ----- Turkey, Mashed Potatoes & Gravy, Green Beans, Roll & Dessert	Cheese Pizza (V) ----- Emoji Potatoes Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

22	23	24	26
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	

(V) Denotes a vegetarian friendly item

29	30			
Chicken Nuggets ----- Mashed Potatoes & Gravy, Diced Peaches	Cheeseburger ----- Baked Beans Oranges Smiles			

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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1 Assorted Cereal Milk Juice	November 2 Assorted Cereal Milk Juice	November 3 Assorted Cereal Milk Juice	November 4 Assorted Cereal Milk Juice	November 5 Assorted Cereal Milk Juice
November 8 Assorted Cereal Milk Juice	November 9 Assorted Cereal Milk Juice	November 10 Assorted Cereal Milk Juice	November 11 Assorted Cereal Milk Juice	November 12 Assorted Cereal Milk Juice
November 15 Assorted Cereal Milk Juice	November 16 Assorted Cereal Milk Juice	November 17 Assorted Cereal Milk Juice	November 18 Assorted Cereal Milk Juice	November 19 Assorted Cereal Milk Juice
November 22 THANKSGIVING BREAK	November 23 THANKSGIVING BREAK	November 24 THANKSGIVING BREAK	November 25 Happy Thanksgiving	November 26 THANKSGIVING BREAK
November 29 Assorted Cereal Milk Juice	November 30 Assorted Cereal Milk Juice			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.