

### MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)

Menu Subject to Change

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

**Pizza day:**  
Cheese or Pepperoni Pizza

Cheeseburger

Roasted Vegetables

Offered Daily 12/1: Chicken Caesar Wrap or Peanut Butter & Jelly Sandwich

**4**

**Breakfast for Lunch:**  
WG French Toast Sticks & Sausage

Chicken Patty

Glazed Carrots

**5**

Taco Totchos  
w/ Buttermilk Biscuit

Chicken Patty

Tater Tots

**6**

Pulled Pork Sandwich

Chicken Patty

Roasted Broccoli

**7**

General Tso Chicken  
w/ Brown Rice

Chicken Patty

Vegetarian Baked Beans

**8**

**Pizza day:**  
Cheese or Pepperoni

Chicken Patty

Seasoned Green Beans

Offered Daily 12/4-12/8: Turkey Club Sandwich or Peanut Butter & Jelly Sandwich

**11**

Cheesy Baked Ziti  
w/ Garlic Breadstick

Meatball Sandwich

Seasoned Carrot Coins

**12**

Beef Nachos

Meatball Sandwich

Curly Fries

**13**

Chicken Bacon Ranch Sandwich

Meatball Sandwich

Roasted Broccoli & Carrots

**14**

Chicken Alfredo

Meatball Sandwich

Confetti Bean Salad

**15**

**Pizza day:**  
Cheese or Pepperoni  
Pizza

Meatball Sandwich

Vegetable Blend

Offered Daily 12/11-12/15: Italian Sub or Peanut Butter & Jelly Sandwich

**18**

Cheesy Stuffed Breadsticks  
w/ Marinara

Hot Dog

Sweet Potato Fries

**19**

**Taco Tuesday:**  
Chicken Fajita Tacos  
w/ Spanish Rice

Hot Dog

Corn

**20**

Grilled Chicken Club

Hot Dog

Roasted Broccoli

**21**

Baked Chicken

Hot Dog

Mashed Potatoes

Vegetarian Baked Beans

**22**

**1/2 Day**

**Pizza Day:**  
Cheese or Pepperoni

Hot Dog

Green Beans

Offered Daily 12/18-12/22: Turkey & Cheese Sandwich or Peanut Butter & Jelly Sandwich



**26**

No School

**27**

No School

**28**

No School

**29**

No School

## 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](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Cereal Fruit/ Milk
Donuts Fruit/ Milk	Nutrigrain Bars Fruit/ Milk	Cereal Fruit/ Milk	Banana Bread Fruit/ Milk	Bagel with Cream Cheese Fruit/ Milk
Poptart Fruit/ Milk	Pumpkin Bread Fruit/ Milk	Cereal Bar Fruit/ Milk	Muffin Fruit/ Milk	Oatmeal Bar Fruit/ Milk
Poptart Fruit/ Milk	Cereal Fruit/ Milk	Muffin Fruit/ Milk	Banana Bread Fruit/ Milk	Donuts Fruit/ Milk

### 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.



So Happy

Nutrition Information is available upon request.