

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

1

Teriyaki Chicken w/ Brown Rice

Pulled Pork Sandwich

Roasted Broccoli

THURSDAY

2

Bacon Cheeseburger

Orange Chicken Bowl

Vegetable Fried Rice

FRIDAY

3

Pizza day:
Cheese or Pepperoni

Grilled Cheese w/ Tomato Soup

Green Beans

Offered Daily 11/1-11/3: Turkey Club Sandwich or Peanut Butter & Jelly Sandwich

6

Pretzel Cheeseburger

Spaghetti with Meat Sauce

Sweet Potato Fries

7

Beef Nachos

Chicken Nuggets w/ Dinner Roll

Roasted Mexican Corn

8

Chicken Cheesesteak

Buffalo Chicken Flatbread

Broccoli Slaw

9

No School

10

No School

Offered Daily 11/6-11/10: Italian Sub or Peanut Butter & Jelly Sandwich

13

Cheesy Stuffed Breadsticks w/ Marinara

Hot Dog

Sweet Potato Fries

14

Taco Tuesday:
Twin Chicken Fajita Tacos w/ Spanish Rice

Grilled Ham and Cheese Pretzel Sandwich w/ Tomato Soup

Mexican Corn

15

Beefy Cheesy Mac

Grilled Chicken Club

Sautéed Spinach

16

Turkey with Mashed Potatoes and Stuffing

Breakfast for Lunch:
Bacon, Egg and Cheese on a Bagel

Corn

Cranberry Sauce

17

Pizza Day:
Cheese or Pepperoni

Chicken Bacon Ranch Sandwich

Italian Roasted Zucchini

Offered Daily 11/13-11/17: Turkey and Cheese Sub or Peanut Butter & Jelly Sandwich

20

1/2 Day

Chicken Tenders w/ Dinner Roll

Macaroni and Cheese with a Breadstick

Cinnamon Sweet Potatoes

21

1/2 Day

Cheese Burger Deluxe

Chicken Patty Sandwich

Baked French Fries

22

1/2 Day

Breakfast for Lunch:
Pancakes w/ Sausage

Pulled Pork Sliders

Crispy Panko Broccoli & Cauliflower

23

Happy Thanksgiving!!

No School



Offered Daily 11/20-11/24: Ham & Cheese Sub or Peanut Butter & Jelly Sandwich

27

Hot Dog

Mozzarella Sticks w/ Marinara

Seasoned Carrot Coins

28

Taco Tuesday:
Twin Beef Tacos w/ Spanish Rice

Boneless Chicken Bites w/ Soft Pretzel Stick

Potato Wedges

29

General Tso Chicken w/ Brown Rice

Meatball Parm. Sub

Roasted Broccoli w/ Red Peppers

30

Cheeseburger

Popcorn Chicken Bowl

Corn

Offered Daily 11/27-11/30: Chicken Caesar Wrap or Peanut Butter & Jelly Sandwich

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunch Mania Fruit/ Milk	Donuts Fruit/ Milk	Nutrigrain Bar Fruit/ Milk	Assorted Cereal Fruit/ Milk	Banana Bread Fruit/ Milk
Assorted Poptart Fruit? Milk	Oatmeal Bar Fruit/ Milk	Assorted Cereal Bar Fruit/ Milk	No School	No School
Assorted Poptart Fruit/ Milk	Bagel with Cream Cheese Fruit/ Milk	Donuts Fruit/ Milk	Assorted Cereal Fruit/ Milk	Nutrigrain Bar Fruit/ Milk
Assorted Muffin Fruit/ Milk	Banana Bread Fruit/ Milk	Assorted Cereal Fruit/ Milk	No School	No School
Bagel with Cream Cheese Fruit/ Milk	Assorted Poptart Fruit/ Milk	Cereal Bar Fruit/ Milk	Oatmeal Bar Fruit/ Milk	

Fresh Pick Recipe

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
 - 1/2 cup packed brown sugar
 - 2 tsp. baking powder
 - 1/2 tsp. salt
 - 2 egg whites
 - 1 egg
 - 1-1/4 cups fat-free milk
 - 1/4 cup canola oil
 - 1 tsp. vanilla extract
 - 1 can (15 ounces) sliced peaches in juice, drained and chopped
 - 1 cup fresh or frozen blueberries
 - 1/3 cup chopped walnuts
 - Additional fat-free milk, optional
1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
 2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



Menu Subject to Change

Nutrition Information is available upon request.

