

MONDAY

Student Breakfast: \$1.50
Student Lunch: \$2.60

***Daily Gluten Free Options

*Menu subject to change

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

1

- 1 - Pepperoni Pizza Kidzable
- 2 - Sausage, Egg & Cheese Bagel***
- 3 - Pizza Sticks w/Marinara
- 4 - Turkey & Cheese Sandwich

Mixed Greens, Tomatoes, Cucumbers, Celery, Grapes, Oranges & Green Beans

C

4

- 1 - Ham, Cheese & Cracker Kidzable
- 2 - Cheese Pizza***
- 3 - Popcorn Chicken w/Pretzel
- 4 - Popcorn Chicken Salad

Mixed Greens, Carrots, Broccoli, Peas, Pineapple, Apple, Corn

D

5

- 1 - Pepperoni Kidzable
- 2 - Cheeseburger
- 3 - Cheese Quesadilla
- 4 - Banana Split Parfait***

Mixed Greens, Carrots, Celery, Spinach, Pears, Oranges & Tater Tots

E

6

- 1 - Turkey Kidzable
- 2 - Chicken Nuggets ***
- 3 - Beef & Cheese Nachos
- 4 - Fruit Bowl w/Bug Bites

Mixed Greens, Cucumbers, Broccoli, Red Pepper Sticks, Applesauce, Bananas, Emoji Fries

A

7

- 1 - Cinnamon Roll Kidzable
- 2 - French Bread Pizza
- 3 - Hot Ham & Cheese**
- 4 - Blueberry Parfait

Mixed Greens, Spinach, Cauliflower, Carrots, Fruit Mix, Strawberries & Refried Beans

B

8

- 1 - Pepperoni Pizza Kidzable
- 2 - Frito Pie
- 3 - Mini Corn Dogs
- 4 - Turkey & Cheese Sandwich***

Mixed Greens, Cherry Tomatoes, Cucumbers, Celery, Grapes, Oranges & Roasted Potatoes

C

11

- 1 - Ham Kidzable
- 2 - Pepperoni Pizza
- 3 - Crispy Chicken Sandwich
- 4 - Sunbutter & Jelly Sandwich***

Mixed Greens, Celery, Carrots, Cauliflower, Peaches, Apples & Broccoli w/Cheese

D

12

- 1 - Pepperoni Kidzable
- 2 - Hamburger
- 3 - Grilled Cheese & Tomato Soup***
- 4 - Chef Salad

Mixed Greens, Cucumbers, Broccoli, Cherry Tomatoes, Pears, Oranges & Spiral Fries

E

13

- 1 - Turkey Kidzable
- 2 - Chicken Nuggets***
- 3 - Chili & Cinnamon Roll
- 4 - Fruit Bowl w/Muffin

Mixed Greens, Red Pepper Sticks, Celery, Cauliflower, Applesauce, Bananas & Corn

A

14

- 1 - Cinnamon Roll Kidzable
- 2 - Walking Taco***
- 3 - Mac & Cheese
- 4 - Strawberry Banana Parfait

Mixed Greens, Spinach, Cucumbers, Baby Carrots, Mixed Fruit & Strawberries. Black Beans

B

15

- 1 - Pepperoni Pizza Kidzable
- 2 - Dutch Waffle & Eggs
- 3 - Mozzarella Sticks
- 4 - American Sub***

Mixed Greens, Cauliflower, Broccoli, Carrots, Pimeapple, Apples & Green Beans

C

18

- 1 - Ham, Cheese & Cracker Kidzable
- 2 - Cheese Pizza
- 3 - Orange Chicken w/Rice
- 4 - Popcorn Chicken Salad***

Mixed greens, Celery, Baby Carrots, Spinach, Peaches, Oranges & California Blend Vegetables.

D

19

- 1 - Pepperoni Kidzable
- 2 - Cheeseburger***
- 3 - French Bread Pizza
- 4 - Blueberry Parfait

Mixed greens, Cauliflower, Broccoli, Cucumbers, Strawberries, Apples & Oven Fries

E

20

- 1 - Turkey Kidzable
- 2 - Chicken Nuggets***
- 3 - Meatball Sub
- 4 - Fruit Bowl w/Bug Bites

Mixed Greens, Red Peppers Sticks, Celery, Carrots, Applesauce, Bananas & Baked Beans

A

21

- 1 - Thanksgiving Meal***
Turkey, Mashed Potatoes, Gravy Roll & Pumpkin Bars
- 2 - Strawberry Parfait

Mixed Greens, Broccoli, Carrots, Cucumber, Pears, Grapes & Corn

B

22

- 1 - Pepperoni Pizza Kidzable
- 2 - Pancakes w/Cheesy Eggs
- 3 - Hot Dog
- 4 - Turkey & Cheese Sandwich***

Mixed Greens, Spinach, Carrots, Celery, Fruit Mix, Apples & Sweet Potato Fries

C

25

- 1 - Ham Kidzable
- 2 - Pepperoni Pizza***
- 3 - Corn Dog
- 4 - Sunbutter & Banana Wrap

Mixed Greens, Baby Carrots, Peas, Broccoli, Pineapple, Apples & Fries

D

26

- 1 - Pepperoni Kidzable
- 2 - Hamburger
- 3 - Chili & Cinnamon Roll
- 4 - Chef Salad***

Mixed Greens, Carrots, Celery, Spinach, Pears, Oranges & Mashed Potatoes

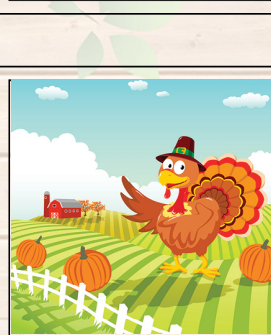
E

27

- 1 - Turkey Kidzable
- 2 - Chicken Nuggets***
- 3 - Penne with Meat Sauce
- 4 - Fruit Bowl w/Muffin

Mixed Greens, Cucumbers, Tomatoes, Broccoli, Peaches, Apples & Tater Tots

A



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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 - Cinnamon Toast Crunch Pastry 2 - Mini Bagels 3 - Assorted Cereal
1 - Dutch Waffle 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Pancake Sandwich 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal	1 - Cinnamon Rolls 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie 3 - Assorted Cereal
1 - Bacon, Egg & Cheese Biscuit 2 - Poptarts & String Cheese 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Toast Crunch Pastry 2 - Assorted Muffins 3 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Sausage Breakfast Pizza 2 - Fruit Frudel 3 - Assorted Cereal
1 - Sausage & Cheese Biscuit 2 - Nutrigrain Bar & Cheese Stick 3 - Assorted Cereal	1 - Cocoa Puff Pastry 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bar	1 - Mini Bagels 2 - Assorted Muffins & Yogurt 3 - Assorted Cereal & Cereal Bar	1 - Ham, Egg & Cheese Bagel 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bar	1 - Glazed Donut 2 - Yogurt Cup & Gripz 3 - Assorted Cereal & Cereal Bars
1 - Fruit Frudel 2 - Pop-Tart & Grahams 3 - Assorted Cereal/Cereal Bar & Cheese Stick	1 - Bacon Breakfast Pizza 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini French Toast 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal & Cereal Bars	Happy Thanksgiving	No School

Fresh Pick Recipe

EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 2 teaspoons olive oil
 - 2 cups spinach or chard leaves
 - pepper (freshly milled)
 - 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives
1. In a small nonstick skillet, heat one teaspoon of oil.
 2. Add the spinach or chard, and cook until it's wilted.
 3. Season with salt and pepper, then move to a plate.
 4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
 5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.

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