

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chef Salad and Garlic Knot Bread
Pepperoni Pizza
Roasted Broccoli & Carrots
Applesauce

2

Bento Box
Crispy Chicken Sandwich
Tater Tot Hash
Mixed Fruit

3

Frito Chili Pie
Steak Fingers with Mashed Potatoes
w/ Gravy and Wheat Roll
Green Beans
Cinnamon Swirled Apples

Fresh Pick of the Month: Oranges!

6

Italian Meatball Sub
Homestyle Cheese Pizza (V)
Mixed Vegetables
Diced Peaches

7

Giant Beef Taco
Spaghetti with Meat Sauce
Garden Salad
Diced Pears

8

Sweet & Sour Chick'n with Rice (V)
Hot Dog
Roasted Broccoli & Carrots
Applesauce

9

Crispy Chicken Wrap
Italian Dunkers (V)
Aztec Corn
Mixed Fruit

10

BBQ Chicken Sandwich
Chicken Nuggets & Garlic Knot
Mashed Potatoes & Gravy
Cinnamon Swirled Apples

Local Ingredients used when seasonally available

13

Classic Chicken Alfredo Mac
and Garlic Knot Bread
Cheeseburger
Mixed Vegetables
Diced Peaches

14

Glazed Chicken Drumstick
and Breadstick
Walking Nachos
Aztec Corn
Diced Pears

15

Turkey & Cheese Sandwich
Crispy Chicken Sandwich
Potato Wedges
Applesauce

16

All American Sandwich
Mini Corn Dogs
Baked Beans
Mixed Fruit

17

Chicken Enchilada Suiza
Cheese Pizza (V)
Roasted Broccoli & Carrots
Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily



21

22

23



(V) Denotes vegetarian friendly item

27

28

29

30

31

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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Dec 1 French Toast Sticks Fresh Banana	Dec 2 Biscuit & Gravy Diced Peaches	Dec 3 Blueberry Mini Waffles Applesauce
Dec 6 Cinnamon Toast Crunch Cereal Orange Juice	Dec 7 Pancakes Mixed Fruit	Dec 8 Biscuit & Gravy Banana	Dec 9 Tater Tot Burrito Diced Pears	Dec 10 Breakfast Pizza Orange Smiles
Dec 13 Cinnamon Toast Crunch Cereal Applesauce	Dec 14 Strawberry Creamy Mini Bagel Diced Peaches	Dec 15 French Toast Sticks Apple Slices	Dec 16 Honey Glazed Chicken Biscuit Banana	Dec 17 Cinnamon Toast Crunch Cereal Mixed Fruit Cocktails
Dec 20	Dec 21	Dec 22	Dec 23	Dec 24
Dec 27	Dec 28	Dec 29	Dec 30	Dec 31 New Year's Eve

Revised: 11/01/2021

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.