

## MONDAY



## TUESDAY

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

## WEDNESDAY

1

Grilled Cheese Sandwich  
Cheese Pizza  
Ham & Cheese Sub  
Ginger Glazed Carrots

## THURSDAY

2

Pancakes & Sausage  
Cheese Pizza  
Ham & Cheese Sandwich  
French Fries

## FRIDAY

3

Macaroni & Cheese with Roll  
Cheese Pizza  
Ham & Cheese Sub  
Steamed Green Beans

6

Meatball Parm Sub  
Cheese Pizza  
Turkey & Cheese Sandwich  
Cucumber Coins

7

Chicken Patty Sandwich  
Cheese Pizza  
Turkey & Cheese Sandwich  
Vegetarian Beans

8

Chicken fajitas with soft tortilla & Rice  
Cheese Pizza  
Turkey & Cheese Sandwich  
Roasted Broccoli

9

Pasta with Meatsauce with Garlic breadsticks  
Cheese Pizza  
Turkey & Cheese Sandwich  
Tater Tots

10

Chicken Tenders with Roll  
Cheese Pizza  
Turkey & Cheese Sandwich  
Cinnamon Sweet Potatoes

13

Chicken & Cheese Taquitos  
Cheese Pizza  
Ham & Cheese Sub  
Roasted Garbanzo Beans

14

Boneless Chicken Bites with Soft Pretzel Bites  
Cheese Pizza  
Ham & Cheese Sandwich  
Seasoned Green Beans

15

Baked Ziti with Garlic Breadstick  
Cheese Pizza  
Ham & Cheese Sandwich  
Steam Broccoli

16

Popcorn Chicken Bowl with Dinner Roll  
Cheese Pizza  
Ham & Cheese Sandwich  
Mashed Potatoes & Corn

17

Chicken Fajitas with Toppings  
Pepperoni Pizza  
Ham & Cheese Sandwich  
Roasted Carrot Sticks

20

Grilled Cheese Sandwich  
Cheese Pizza  
Chef's Salad with Flatbread  
Roasted Broccoli

21

Twin Tacos with Meat, Cheese, Lettuce & Tomato  
Cheese Pizza  
Chef's Salad with Flatbread  
Steamed Corn

22

Chicken Tenders with Roll  
Cheese Pizza  
Chef's Salad with Flatbread  
Homestyle Baked Beans

23

Chicken Patty Sandwich  
Cheese Pizza  
Chef's Salad with Flatbread  
Parmesan Green Beans

24

Due to the nationwide product and ingredient shortages, menus are subject to change base on product availability

28

SCHOOL CLOSED

29

SCHOOL CLOSED

30

SCHOOL CLOSED



MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.

## 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.

liftoffsplayground.com

## The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as adults, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

### 3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

### 7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

### 12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: WebMD Feature: "How Much Sleep Do Children Need?"

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## Fresh Pick Recipe

### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber



So Happy

Nutrition Information is available upon request.