

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Breakfast for Lunch

1. Fluffy Pancakes with Sausage Patty
 2. Bacon Cheeseburger
 3. Italian Sub
 4. Crispy Chicken Salad w/corn muffin
- Cinnamon Sweet Potatoes

3

1. Loaded Tots with Buttermilk Biscuit
 2. Chicken Tenders with Dinner Roll
 3. Italian Sub
 4. Crispy Chicken Salad w/corn muffin
- Tater Tots

4

1. Spaghetti & Meatballs with Garlic Breadstick
 2. Pizza Bagel
 3. Italian Sub
 4. Crispy Chicken Salad w/corn muffin
- Roasted Broccoli

5

1. Chicken & Waffles
 2. Cheese Quesadilla with Salsa
 3. Italian Sub
 4. Crispy Chicken Salad w/corn muffin
- Homestyle Baked Beans

6

1. French Bread Pizza
 2. Hot Ham & Cheese Sliders
 3. Italian Sub
 4. Crispy Chicken Salad w/corn muffin
- Parmesan Green Beans

9

New Item!

1. Cheesy Garlic Flatbread
 2. Cheeseburger
 3. Turkey & Cheese Sub
 4. Yogurt Bag
- Sweet Potato Wedges

10

1. Poppin Popcorn Chicken with Dinner Roll
 2. Grilled Pretzel Melt
 3. Turkey & Cheese Sub
 4. Yogurt Bag
- Baked French Fries

11

1. Penne Pasta with Italian Meatsauce
 2. Chicken Patty Sandwich
 3. Turkey & Cheese Sub
 4. Yogurt Bag
- Caesar Side Salad

12

1. Nacho Supreme with Meat, Cheese & Salsa
 2. Chicken Nuggets with Soft Pretzel Bites
 3. Turkey & Cheese Sub
 4. Yogurt Bag
- Southwest Black Beans

13

1. Cheese Pizza
 2. Corn Dog
 3. Turkey & Cheese Sub
 4. Yogurt Bag
- Cucumber Coins

16

1. Stuffed Breadsticks with Marinara Sauce
 2. Mini Cheeseburger Sliders
 3. Ham & Cheese Sub
 4. Turkey Club Salad w/roll
- Citrus Glazed Carrots

17

1. Roasted Chicken in a Basket with Buttermilk Biscuit
 2. Hot Diggity Dog
 3. Ham & Cheese Sub
 4. Turkey Club Salad w/roll
- Waffle Fries

18

- STICKER DAY**
1. Old Fashioned Mac & Cheese with Dinner Roll
 2. Chicken Parm Sandwich
 3. Ham & Cheese Sub
 4. Turkey Club Salad w/ roll
- Steamed Broccoli & Stewed Tomatoes

19

1. Twin Tacos with Rice, Cheese, Lettuce, Tomato, & Salsa
 2. Pulled BBQ Sandwich
 3. Ham & Cheese Sandwich
 4. Turkey Club Salad w/Roll
- Roasted Chickpeas

20

1. Mini Personal Pizza
 2. Grilled Cheese with Tomato Soup
 3. Ham & Cheese Sub
 4. Turkey Club Salad w/ roll
- Steamed Green Beans

23

WINTER
BREAK

24

WINTER
BREAK

25

WINTER
BREAK

26

WINTER
BREAK



30

WINTER
BREAK

31

WINTER
BREAK

Thrive Garden Bar
Daily: Romaine or Spinach Salad
Monday: Carrot Sticks
Tuesday: Chilled Corn Salad
Wednesday: Broccoli Dippers
Thursday: Bean Salad & Carrots
Friday: Celery Sticks

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1%, Fat Free Chocolate)

PAID LUNCH PRICE \$2.85
 REDUCED PRICE LUNCH \$.40
 PAID BREAKFAST \$1.65
 REDUCED PRICE BREAKFAST \$.30

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.

www.liftoffplayground.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

CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
- 1 lb sausage, cooked and drained (optional)
- 1 tablespoon olive oil
- 1/2 cup onions, small dice
- 1/2 cup celery, sliced
- 1 medium apple, chopped
- 1 cup cranberries
- 1 teaspoon thyme
- 1 1/2 cups chicken broth
- salt and pepper, to taste

1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
3. Add apples and cranberries to the pan and sauté for 3 more minutes.
4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
5. Prepare all ingredients as directed and mix in a bowl.
6. With a slotted spoon, distribute the cranberry mixture on top.
7. Spoon enough of the broth onto the dish to moisten the cornbread.
8. Cover casserole dish and place in 350 degree oven for 30 minutes.

ALL BREAKFAST INCLUDE %100 FRUIT JUICE/FRUIT
AND CHOICE OF MILK

ASSORTED CEREALS WITH GRAHAM CRACKERS
BAGELS WITH CREAM CHEESE
ASSORTED MUFFINS WITH GRAHAM CRACKERS