

## MONDAY

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

## TUESDAY

**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

## WEDNESDAY

Menu Subject to Change

## THURSDAY



## FRIDAY

1  
Popcorn Chicken Bowl w/Mashed Potato, Corn and Roll  
Hot Ham & Cheese Sliders  
Chicken Caesar Salad  
Turkey & Cheese Sub  
Cheese Pizza  
Parmesan Green Beans

4

Mozzarella Sticks with Sauce  
Cheeseburgers  
Cheese Pizza  
Turkey & Cheese Sub  
Crispy Chicken Caesar Salad  
Sweet Potato Wedges

5

Grilled Pretzel Melt  
Dippers: Chicken Bites, Pretzel  
Nuggets, Fries  
Cheese Pizza  
Crispy Chicken Caesar Salad  
Turkey & Cheese Sandwich  
Fries

6

Chicken Parm. Sub  
Pasta w/Meatsauce  
Cheese Pizza  
Turkey & Cheese Sandwich  
Chicken Caesar Salad  
Caesar Side Salad

7

NJEA Convention-  
School Closed

8

NJEA Convention-  
School Closed

11

Stuffed Breadsticks  
with Marinara Sauce  
Mini Cheeseburger Sliders  
Cheese Pizza  
Ham & Cheese Sub  
Garden Salad w/Cheese  
Citrus Glazed Carrots

12

Dippers: Boneless Chicken Bites,  
Pretzel Bites, Tater Tots  
Cheese Pizza  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Garden Salad w/Cheese  
Fries

13

Orange Chicken Take- Out over Rice  
Philly Cheesesteak  
Cheese Pizza  
Ham & Cheese Sub  
Garden Salad /w Cheese  
Steamed Broccoli

14

Chicken Fajitas with soft Tortilla  
&Toppings  
Cheeseburgers  
Pepperoni Pizza  
Ham & Cheese Sub  
Garden Salad w/Cheese  
Roasted Chickpeas

15

Meatball Parm. Sub  
Buffalo Chicken Flatbread  
Pepperoni Pizza  
Ham & Cheese Sub  
Garden Salad w/Cheese  
Steamed Green Beans

18

Grilled Cheese with Tomato Soup  
Pretzel Cheeseburger  
Cheese Pizza  
Tuna Sub  
Chicken Caesar Salad  
Roasted Parmesan Carrot sticks

19

Chicken Dipper, Celery sticks, Tortilla  
Scoops  
Hot Roasted Turkey Sub  
Cheese Pizza  
Tuna Sub  
Chicken Caesar Salad  
Potato Wedges

20

Mac & Chicken Alfredo with Garlic  
Bread  
Chicken Quesadilla  
Cheese Pizza  
Tuna Sub  
Chicken Caesar Salad  
Roasted Broccoli

21

Chicken Taquitos  
Chicken Patty Sandwich  
Cheese Pizza  
Tuna Sub  
Chicken Caesar Salad  
Southwest Black Beans

22

Hot Dog w/ Chili Cheese  
Chicken Tenders/roll  
Pepperoni Pizza  
Tuna Sub  
Chicken Caesar Salad  
Italian Roasted Zucchini

25

**Breakfast For Lunch**  
French Toast Sticks with Sausage  
Links  
Bacon Cheeseburger  
Cheese Pizza  
Turkey Club Sandwich  
Fiesta Salad w/chips  
Steamed Carrot Coins

26

**Thanksgiving Meal**  
Roasted Turkey with Gravy,  
Stuffing, Mashed Potatoes & Corn  
Cranberry and Applesauce

27

Crispy Chicken BLT  
Cheeseburger  
Cheese Pizza  
Turkey Club Sandwich  
Chicken Caesar Salad  
Garlic Sautéed Spinach

28

Happy Thanksgiving!  
School Closed

29

School Closed

## 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.

## Refresh Your Mind Every Monday

Not all stress is the same. Some of the stress that we face in life can be more detrimental to our well-being, and some types of stress can actually be healthy for us. Good stress, or eustress, can be beneficial and is actually necessary for our overall wellbeing. This is the type of "positive" stress that keeps us excited about life. The excitement of a roller-coaster ride, a scary movie or a fun challenge are all examples of eustress. On the other hand, bad stress, or distress, can be detrimental to our health if it becomes chronic and sustained over time. Persistent stress has been shown to cause cardiovascular risks, digestive disorders and decreased immune response as well as sleep loss and mood disorders.

Realizing the magnitude of stress in our country, a team of researchers who created The Mondays Campaign developed a new initiative called DeStress Monday. This program helps people put a positive start on each week while reducing stress throughout the week. DeStress Monday provides helpful, evidence-based stress reduction tools and resources distributed through their website, social media and weekly newsletters. Have a happy week and check out these free destressing resources for yourself, your friends and colleagues at: <https://www.destressmonday.org/#>.

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

### LEMONY SMASHED POTATOES

- 12 new potatoes (small)
  - 2 tablespoons olive oil
  - 1 1/2 tablespoons lemon juice
  - 1/4 cup fresh parsley, sliced
  - 1 cup nonfat sour cream
  - 1 1/2 tablespoon chives, chopped small
  - sea salt and pepper
1. Boil potatoes in pan of water until tender and drain.
  2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
  3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
  4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
  5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
  6. Remove potatoes from the oven and sprinkle with the parsley.
  7. Mix the chives with the sour cream and serve on the side.

FULL PAID LUNCH PRICE \$3.00  
REDUCED PRICE LUNCH \$.40  
REDUCED PRICE BREAKFAST \$.30  
ALL PAID BREAKFAST \$1.65