

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2**

Chicken Nuggets & Breadstick  
Korean Pork with Fried Rice  
Smothered Burrito  
Turkey and Bacon Wrap  
Peppi Pizza Salad with Roll

**3**

Teriyaki Chicken  
Pork BBQ Sliders  
Cheese Breadsticks with Marinara  
Craisin Chicken Salad Wrap  
Chicken Cobb Salad with Roll

**4**

Spaghetti and Meatballs  
Hamburger or Cheeseburger  
Chicken and Cheese Nachos  
Turkey & Cheddar in a Pita  
Fruit, Yogurt and Cheese Plate with Graham Crackers

**5**

Baked Potato with Pulled Pork BBQ with Cornbread  
Chicken Corn Dog  
Taco Loco Salad  
Italian Wrap  
Popcorn Chicken Salad with Breadstick

**6**

Breaded Beef Steak Sandwich  
Fish Nuggets And Potato Wedges  
Cheese or Pepperoni Pizza  
Combo Sub  
Turkey Chef Salad with Roll

**9**

Chicken Nuggets & Breadstick  
Grilled Cheese Sandwich  
Beef Tamales with Chili and chips  
Pizza Kidzable  
Fajita Chicken Caesar Salad

**10**

Cheese Breadsticks with Marinara  
Beef Gyro Sandwich  
Chili Mac  
Ham and Cheese Sandwich  
BBQ Chicken Salad with Roll

**11**

Crispy Chicken with Roll  
Hamburger or Cheeseburger  
Snack Wrap and Yogurt  
Orange Chicken with Lo Mein  
Garden Salad

**12**

Chicken Corn Dog  
Pork Tacos  
Sunbutter and Jelly Sandwich with a Cheese Stick  
Fruit, Cheese & Yogurt with Graham Crackers  
BBQ Chicken Flatbread

**13**

Fish Sticks with Macaroni and Cheese  
Frito Pie  
Cheese or Pepperoni Pizza  
Popcorn Chicken Wrap  
Chef Salad

December 5th is National Comfort Food Day.  
December 17th is National Maple Syrup Day

**16**

Chicken Nuggets and Breadstick  
Chicken Pesto Rotini  
Beef Soft Tacos  
Ham & Cheese on a Bun  
Cobb Salad

**17**

Beef Nachos  
Cheese Breadsticks with Marinara  
Beef Sloppy Joe Sandwich on a Bun  
Ham and Cheese Kidzable  
Chef Salad with Roll

**18**

Chicken Tenders and Waffle  
Hamburger or Cheeseburger  
Beef Lasagna Bake  
American Sub  
Popcorn Chicken Salad with Breadstick

**19**

Chicken Enchilada Bake  
Chili Dog  
Grilled Cheese  
Hummus, Pretzel Rod, Carrots and celery with Ranch Kidzable  
Turkey Chef Salad with Roll

**20**

Grilled Chicken Bacon Sandwich  
Macaroni and Cheese  
Cheese or Pepperoni Pizza  
Crispy Chicken Wrap  
Chicken BLT Salad with Breadstick



**26**

STUDENT HOLIDAY

**27**

STUDENT HOLIDAY



STUDENT HOLIDAY



## 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.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake on a Stick Cereal with Graham Crackers Cinnamon Roll Smoothie Strawberry Poptart Fruit/Juice/Milk Variety	Biscuit Gravy and Sausage Cereal with Graham Crackers Berry Yogurt Parfait Fruit Cheerios Bar Fruit/Juice/Milk Variety	Breakfast Casserole with Toast Cereal with Graham Crackers Berry Banana Smoothie Benefit Bar	Sausage, Scrambled Eggs & Toast Cereal with Graham Crackers Peaches and Cream Parfait Muffin Variety	Sausage Kolache Cereal with Graham Crackers Orange Smoothie Fruit/Juice/Milk Variety
Glazed French Toast Cereal with Graham Crackers Tropical Smoothie Brown Sugar and Cinnamon Poptart Fruit/Juice/Milk Variety	Breakfast Pizza Cereal with Graham Crackers Banana Parfait Strawberry Cheerios Bar Fruit/Juice/Milk Variety	Chicken on a Biscuit Cereal with Graham Crackers Apple Pie Smoothie Benefit Bar Fruit/Juice/Milk Variety	Sausage, Scrambled Eggs & Toast Cereal with Graham Crackers Berry Parfait Muffin Variety Fruit/Juice/Milk Variety	Breakfast Taco Cereal with Graham Crackers Strawberry Lemonade Smoothie Fruit/Juice/Milk Variety
Cinnamon Roll Cereal with Graham Crackers Orange Smoothie Blueberry Poptart Fruit/Juice/Milk Variety	Steak Finger Breakfast Sandwich Cereal with Graham Crackers Tropical Smoothie Cinnamon Toast Filled Bar	Apple or Cherry Turnover Oatmeal Bar Cereal with Graham Crackers Berry Banana Smoothie	Sausage, Scrambled Eggs & Toast Cereal with Graham Crackers Berry Parfait Muffin Variety Fruit/Juice/Milk Variety	Dutch Waffle with Fruit Topping Cereal with Graham Crackers Berry Banana Smoothie Fruit/Juice/Milk Variety
		Merry Christmas		

### 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.



Nutrition Information is available upon request.