

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

NATIONAL
COMFORT
FOOD
DAY

NATIONAL
MAPLE
SYRUP
DAY

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
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.