

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

\*Beefy Nachos  
\*Hot Dog/Chips  
Veggie  
Fruit  
Milk

2

\*Italian Dunkers  
w/Marinara Sauce  
\*Corn Dog  
Veggie  
Fruit  
Milk

3

\*Sloppy Joes  
\*Turkey Sandwich  
\*Chicken Caesar  
Salad  
Veggie  
Fruit  
Milk

6

\*Hamburger/Cheeseburger  
\*Bean & Cheese  
Burrito  
Chips  
Veggie  
Fruit  
Milk

7

\*Crispy Chicken  
Sandwich  
\*PB&J  
Tots  
Veggie  
Fruit  
Milk

8

\*Beefy Nachos  
\*Soft Pretzel/  
Chips & Cheese  
Veggie  
Fruit  
Milk

9

\*Creamy Mac & Cheese  
w/ Roll  
\*Corn Dog  
Veggie  
Fruit  
Milk

10

\*Pepperoni Pizza  
\*Ham Sandwich  
Veggie  
Fruit  
Milk

13

\*Beef Tot/Chos/Roll  
\*Ham Sandwich/  
Goldfish  
Veggie  
Fruit  
Milk

14

\*Crispy Drumstick/ Mashed  
Potatoes, Gravy & Roll  
\*Corn Dog/Crackers  
Veggie  
Fruit  
Milk

15

\*Philly Cheesesteak  
\*Hot Dog  
Fries  
Veggie  
Fruit  
Milk

16

\*Spaghetti w/Meat  
Marinara & Roll  
\*Chicken Caesar Salad  
& Roll  
Veggie  
Fruit  
Milk

17

\*Cheese Pizza  
\*PB&J/Crackers  
Veggie  
Fruit  
Milk

20

\*Teriyaki Chicken  
Rice Bowl  
\*Turkey Sandwich/  
Cheez Its  
Veggie  
Fruit  
Milk

21

\*Brunch for Lunch  
\*Corn Dog  
Tots  
Veggie  
Fruit  
Milk

22

NO  
SCHOOL

23

NO  
SCHOOL  
THANKSGIVING  
DAY

24

NO  
SCHOOL

27

PROFESSIONAL  
DEVELOPMENT  
DAY  
NO  
STUDENTS

28

\*Cheeseburger/Hamburger  
\*Hot Dog  
Sweet Potato Fries  
Veggie  
Fruit  
Milk

29

\*Beefy Nachos  
\*PB&J/Crackers  
Veggie  
Fruit  
Milk

30

\*Crispy Chicken  
Sandwich  
\*Creamy Mac & Cheese/  
Crackers  
Veggie  
Fruit  
Milk



## 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.



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](http://liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		*Yogurt & Grahams Fruit Milk	*Frudel Fruit Milk	*Mini Cinnis Fruit Milk
*Pancakes Fruit Milk	*Frudel Fruit Milk	*Donuts Fruit Milk	*Maple Waffles Fruit Milk	*Muffin Fruit Milk
*French Toast Stks. Fruit Milk	*Yogurt & Grahams Fruit Milk	*Oatmeal Bar Fruit Milk	*Bagler Fruit Milk	*Mini Cinnis Fruit Milk
*Pancakes Fruit Milk	*Frudel Fruit Milk	NO SCHOOL	NO SCHOOL THANKSGIVING DAY	NO SCHOOL
NO SCHOOL	*Pancakes Fruit Milk	*Oatmeal Bar Fruit Milk	*Bagler Fruit Milk	

### Fresh Pick Recipe

#### BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

freshpick  
for better health  
by sodexo



### Meal Prices for November 18 Days Month Totals

This school participates in Breakfast in the Classroom **BREAKFAST FREE TO ALL STUDENTS**  
Full Pay Lunch \$34.20 Reduced Pay Lunch \$7.20

Nutrition Information is available upon request.