

MONDAY

2

No
School

TUESDAY

3

French Toast Sticks with Sausage
Patties
Giant Soft Taco
Cheese Pizza
Zesty Italian Sub
Chef Salad with Breadstick

WEDNESDAY

4

Sweet and Sour Chicken with Rice
BBQ Riblet Sandwich
Turkey Hot Dog
Fiesta Salad with Breadstick
Turkey and Cheese Pinwheels

THURSDAY

5

Cheeseburger
Cheese Nachos
Mozzarella Stuffed Breadsticks
American Sub Sandwich
Strawberry Banana Parfait with
Crackers and String Cheese

FRIDAY

6

BBQ Chicken Sandwich
Cheese Ravioli with Breadstick
Chicken Nuggets with Roll
Fiesta Salad
American Sub Sandwich

A variety of Fresh Fruit and Vegetables offered daily.

9

Bean and Cheese Burrito
Chicken Alfredo Macaroni
Cheeseburger
Turkey Breast and Cheese Sandwich
Protein Power Pack - Fruit, Cheese
and Hard boiled Egg

10

Frito Chili Pie
Glazed Drumstick with Breadstick
Cheese Quesadilla
Zesty Italian Sub Sandwich
Chef Salad with Breadstick

11

Baked Penne with Breadstick
Chicken Burger
Beef Sloppy Joe
Buffalo Chicken Wrap
Greek Salad with Breadstick

12

Parmesan Chicken with Breadstick
Popcorn Chicken with Breadstick
Chicken Corn Dog
American Sub Sandwich
Strawberry Fields Parfait

13

Meatball Sandwich
Fish Sandwich
Cheese Pizza
Turkey Ham and Cheese Sandwich
Protein Power Pack (Fruit, Cheese,
Hard boiled Egg)

Assorted milk variety offered daily.

16

Macaroni and Cheese with Garlic
Knot
Glazed Drumstick with Garlic Knot
Cheeseburger
Turkey Sandwich
Ham and Cheese Flatbread Kidzable

17

Beef Soft Taco
Chicken Alfredo Macaroni with
Breadstick
Cheese Pizza
Italian Sandwich
Chef Salad with Breadstick

18

Turkey Hotdog
Chicken Fried Steak Sandwich
Popcorn Chicken with Breadstick
Chicken Caesar Salad
Crispy Chicken Wrap

19

Spaghetti with Meat Sauce with
Breadstick
Teriyaki Chicken with Rice
Chicken Burger
American Sub Sandwich
Blueberry Patch Parfait

20

Grilled Cheese Sandwich
Beef Sloppy Joe
Chicken and Waffles
Chicken Caesar Salad with Breadstick
Turkey Ham Sandwich

Fall Fun Event Day - November - Thanksgiving Feasts - Check school site for individual campus events.

23

No
School

24

No
School

25

No
School

THANKSGIVING



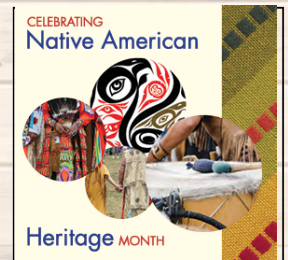
One Day Fun Day Events: Thanksgiving Meals

30

Pork Riblet Sandwich
Cheese Ravioli with Dinner Roll
Chicken Nuggets with Roll
Turkey Breast and Cheese Sandwich
Fruit, Yogurt Plate with Roll



Thanksgiving Menu
Turkey with Gravy
Roll
Mashed Potatoes
Green Beans
Cornbread Stuffing
Dessert



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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of November 2 No School	Breakfast Kolache Assorted Juice, Fruit and Milk	Cherry Strudel Stick Assorted Juice, Fruit and Milk	Breakfast Pizza Assorted Juice, Fruit and Milk	Muffin Top Assorted Juice, Fruit and Milk
Week of November 9 Cereal Assorted Juice, Fruit and Milk	Chicken on a Bun Assorted Juice, Fruit and Milk	Cinnamon Churro Assorted Juice, Fruit and Milk	Powdered Donuts Assorted Juice, Fruit and Milk	Eggo Pancake Bites Assorted Juice, Fruit and Milk
Week of November 16 Cereal Assorted Juice, Fruit and Milk	Pancake on a Stick Assorted Juice, Fruit and Milk	Blueberry Bread Slice Assorted Juice, Fruit and Milk	Beef Sausage Sandwich Assorted Juice, Fruit and Milk	Breakfast Burrito Assorted Juice, Fruit and Milk
Week of November 23 No School	No School	No School	Happy Thanksgiving	Happy Thanksgiving
Week of November 30 Cinnamon Roll Assorted Juice, Fruit and Milk				

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.



Nutrition Information is available upon request.

