

MONDAY



TUESDAY



WEDNESDAY

1

Baked Mac & Cheese w/Whole Grain Roll (v)
Turkey Hot Dog on WG Roll
American Sub Sandwich

THURSDAY

2

Penne Pasta Bolognese
Penne Pasta w/Alfredo Sauce
Hearty Garden Salad with WG Roll

FRIDAY

3

Pizza Friday
Big Daddy Cheese
Pepperoni
BBQ Chicken or
Hawaiian Pizza

1% Milk Available with All Meals

6

Meatless Monday
Bean and Cheese Burrito (v)
Grilled Cheese Sandwich (v)
Mediterranean Hummus Plate (v)

7

Chicken Soft Taco w/ Fresh Salsa
Beef & Cheese Nachos
Taco Salad w/WG Roll

8

100% All Beef Hamburger
Cheeseburger
Plant Based Veggie Burger
Chicken Caesar Salad

9

Penne Pasta with Turkey Meatballs
Pasta with Marinara (v)
Turkey Meatball Sub Sandwich (WG)



Sunbutter and Jelly Sandwiches on WG Bread Available Daily

13

Hot Ham and Cheese Melt
Baked Chicken Tenders with Tots
Mediterranean Hummus Plate

14

Cheese Quesadilla
Bean and Cheese Burrito
Chicken or Veggie Burrito Bowl

15

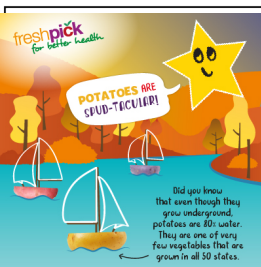
Chicken Burger on Whole Grain Bun
Spicy Chicken Burger on WG Bun
Griller's Prime Veggie Burger
All Served w/Smiley Fries

16

Chicken Drumstick Served with
Mashed Potatoes and Gravy
Penne Pasta Bolognese
Penne Pasta Marinara

17

Pizza Friday
Big Daddy Cheese Pizza (v)
Pepperoni Pizza
Garden Delight Pizza (v)



Have an Amazing Week!

27

Teriyaki Chicken and Vegetables on
Rice
Chicken Ranch Wrap
Picnic Pasta Salad

28

Chicken Soft Taco
Corn Chip Nachos
Cheese Quesadilla (v)

29

BBQ Chicken Sliders w/Tater Tots
Baked Mac & Cheese w/WG Roll (v)
American Sub Sandwich

30

Pasta w/Alfredo Sauce
3 Bean Chile w/ Fresh Cornbread
Hearty Garden Salad



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

Join us to start your day right with a healthy breakfast.

MONDAY: Bagel with Cream Cheese
Assorted Cereal with Graham

TUESDAY: Yogurt Parfait with Fresh Fruit
Assorted Cereal with Grahams

WEDNESDAY: Egg and Cheese Breakfast Burrito
Assorted Cereal with Graham

THURSDAY: Assorted Concha's
Yogurt with Fresh Fruit
Assorted Cereal with Grahams

FRIDAY: Fresh Baked Muffins with Seasonal Fruit

We Serve Low Sugar Cereals and 100% Fruit Juice

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.



Please look for these icons in your cafeteria.