

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

School Closed

Fall Break

4

School Closed

Fall Break

5

School Closed

Fall Break

6

School Closed

Fall Break

7

School Closed

Fall Break

10

Chicken Patty on a Bun

Cheese Omelet on Bagel

Sweet Potato Fries
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

11

Beef Taco Totcho w/ Dinner Roll

Chicken Fajitas Taco

Seasoned Black Beans
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

12

Spaghetti w/ Meatballs

Golden Grilled Cheese

Italian Green Beans
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

13

Cheeseburger on Bun

Turkey Carnitas Tacos

Crispy Fries
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

14

Cheese or Pepperoni
French Bread Pizza

Broccoli Florets w/ Dip
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread basket
Fresh or Chilled Fruit Cup

17

Corn Dog

Alfredo Mac

Steamed Broccoli
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

18

Chicken Nuggets w/ Dinner Roll

Bean & Cheese Enchiladas

Tator Tots
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

19

Baked Ziti w/ Dinner Roll

LTO

Spicy Turkey Sub
Steamed Green Beans
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

20

Sweet & Sour Chicken w/ Rice

Cuban Turkey Sandwich

Crispy Fries
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

21

Pizza Crunchers
w/ Marinara Sauce

Carrot Coins
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

24

Chicken Nuggets w/ Dinner Roll

Pollock Po Boy Sub

Sweet Potato Fries
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

25

Breakfast for Lunch:
French Toast Sticks w/ Sausage Links

BBQ Diced Chicken Sandwich
Tator Tots
Chicken Caesar Salad
Banana Fun Lunch
Italian Sub
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

26

Cheese or Pepperoni
Pizza

Grilled Ham & Cheese on Bun
Baby Carrots
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

27

School Closed

Happy Thanksgiving

28

School Closed

Happy Thanksgiving

1

Corn Dog

Chicken Quesadilla

Sweet Potato Fries
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

2

Beef Nachos

Bean & Cheese Nachos

Spanish Rice/ Pinto Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

3

Breaded Mozzarella Sticks w/
Marinara Sauce

LTO

Pumpkin Penne Alfredo
Steamed Green Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

4

General Tso Popcorn Chicken

Brazilian Chicken Sandwich

Steamed rice & Carrot Coins
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

5

Pizza Crunchers
w/ Marinara Sauce

Broccoli Florets w/ Ranch

Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

8

Chicken Tenders & Waffles

Egg & Cheese Sandwich

Smiley Fries
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

9

Beef Tacos w/ All the Fixings

Mediterranean Chicken Gyro

Golden Corn
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

10

Chicken Patty on Bun

Baked Ziti

Parmesan Green Beans
Garden Vegetables w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

11

Popcorn Chicken Bowl w/ Biscuit &
Gravy

Crispy Fish Sticks
Mashed Potatoes
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

12

Cheese or Pepperoni
French Bread Pizza

Carrot Coins
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar / Bread Basket
Fresh or Chilled Fruit Cup

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.

BREAKFAST

Available Daily:

Assorted Cereal with Graham Cracker, WG Donut
Warm Bagel & Cream Cheese, Assorted WG Pop Tart
Assorted Cereal Bar, Assorted Muffins
Mozzarella Cheese Stick, Double Berry Parfait
Chilled Canned Fruit, Fresh Fruit
Assorted 100% Fruit Juice
1% white Milk & Skim Milk

MONDAY: November 10th, 17th, 24th, December 1st, 8th

Breakfast Pizza

TUESDAY: November 11th, 18th, 25th December 2nd, 9th

Mini Pancake

WEDNESDAY: November 12th, 19th, 26th, December 3rd, 10th

French Toast Sticks w/ Syrup

THURSDAY: November 13th, 20th, December 4th, 11th

Sausage, Egg & Cheese on a Bun

FRIDAY: November 14th, 21st, December 5th, 12th

Wild Blueberry Waffle

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.

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available.



Free Meals for All Students!
Breakfast & Lunch - FREE
Available daily in the cafeteria and the classrooms

All students are welcome - come and enjoy!



Nutrition Information is available upon request.