

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
sweet Potato Fries
Applesauce
Milk

11

Beef Taco Totcho
w/ Dinner Roll
Tator Tots
Salsa
Sweet Pears
Milk

12

Spaghetti w/ Meatballs
Italian Green Beans
Banana
Milk

13

Cheeseburger on a Bun
Broccoli
Fresh Apple
Milk

14

French Bread Pizza
3 Bean Salad
Orange Smiles
Milk

17

Alfredo Mac
Dinner Roll
Steamed Broccoli
sweet Applesauce
Milk

18

Turkey & Cheese on a Bun
3 Bean Salad
Sweet Peaches
Milk

19

Grilled Ham & Cheese
Steamed Green Beans
Banana
Milk

20

Chicken Nuggets
Dinner Roll
Crispy Fries
Fresh Apple
Milk

21

Pizza Crunchers
w/ Marinara Sauce
Baby Carrots
Sweet Pears
Milk

24

Chicken Nuggets w/ Dinner Roll
Sweet Potato Fries
Apple Slices
Milk

25

Breakfast For Lunch:
French Toast Sticks w/
Sausage Links
Tator Tots
Orange Smiles
Milk

26

Smart Pizza
Baby Carrots
Diced Peaches
Milk

27

School Closed
Happy Thanksgiving

28

School Closed
Happy Thanksgiving

1

Chicken Quesadilla
Sweet Potato Fries
Apple Slices
Milk

2

Beef & Cheese Burrito
Golden Corn
Sweet Pineapple Tidbits
Milk

3

Chicken Patty on a Bun
Green Beans
Banana
Milk

4

Ham & Cheese Sandwich
3 Bean Salad
Orange Smiles
Milk

5

French Bread Pizza
Fresh Broccoli
Banana
Milk

8

Chicken Tender & waffles
Smiley Fries
Sweet Applesauce
Milk

9

Turkey & Cheese on a Bun
Baby Carrots
Sweet Pears
Milk

10

Stuffed Breadstick w/
Marinara Sauce
Parmesan Green Beans
Banana
Milk

11

Popcorn Chicken Bowl w/ Biscuit
Mashed Potatoes
Steamed Broccoli
Fresh Apple
Milk

12

Pizza Crunchers
w/ Marinara Sauce
3 Bean Salad
Orange Smiles
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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/3 School Closed: Fall Break	11/4 School Closed: Fall Break	11/5 School Closed: Fall Break	11/6 School Closed: Fall Break	11/7 School Closed: Fall Break
11/10 Cheerios Cereal Orange Juice Milk	11/11 Apple Cinnamon Muffin Apple Slices Milk	11/12 Pancake Bites Orange Smiles Milk	11/13 Yogurt Banana Milk	11/14 Chocolate Chip Muffin Apple Juice Milk
11/17 Cinnamon Toast Cereal Orange Juice Milk	11/18 Banana Muffin Banana Milk	11/19 Yogurt Banana Milk	11/20 Bagel w/ Cream Cheese Orange Smiles Milk	11/21 Mini French Toast Apple Juice Milk
11/24 Cheerios Cereal Orange Juice Milk	11/25 Yogurt Banana Milk	11/26 Blueberry Waffles Apple Slices Milk	11/27 School Closed: Happy Thanksgiving	11/28 School Closed: Happy Thanksgiving
12/1 Cinnamon Toast Cereal Orange Juice Milk	12/2 Apple Cinnamon Muffin Apple Slices Milk	12/3 Yogurt Banana Milk	12/4 Bagel w/ Cream Cheese Orange Smiles Milk	12/5 Mini French Toast Apple Juice Milk
12/8 Cheerios Cereal Orange Juice Milk	12/9 Banana Muffin Banana Milk	12/10 Pancake Bites Orange Smiles Milk	12/11 Yogurt Banana Milk	12/12 Chocolate Chip Muffin Apple Juice 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.

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!

nutrislice



Nutrition Information is available upon request.