

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Homemade 3-Bean Chili
or
Power Protein Box

4

Tacos on WG Tortilla Served with Pico
De Gallo & Sour Cream
or Cheesy Caesar Wrap on WG
Tortilla

5

Turkey Pepperoni Pizza
Cheese Pizza
or
Greek Salad
Served with a WG Roll

*Pizza served on WG crust

6

Homemade Italian Pasta Bake w/ WG
Penne Pasta and Meat Sauce
or
Mozzarella Pesto Cheese Sandwich

7

Oven Baked Chicken Tenders
W/ Oven Baked Fries
or
Grilled Cheese Sandwich
W/ Oven Baked Fries
or
Garden Salad w/ WG Roll

10

Beef Teriyaki Meatballs with Yakisoba
Noodles and Stir Fry Veggies
or
Crispy Tofu with Yakisoba Noodles
and Stir Fry Veggies
or
Garden Salad w/ WG Garlic Butter
Roll

11

No School
Veteran's Day

12

Turkey Pepperoni, Cheese, or Korean
BBQ Margherita Pizza
or
Garden Salad w/ WG Roll

*Pizza Served on WG Crust

13

Homemade Chicken Parmesan w/
WG Penne Pasta & Marinara Sauce
or
Oven Baked Cheese Enchilada

14

Flame Grilled Beef Hamburger or
Cheeseburger or Veggie Burger
Served with Oven Baked French Fries
or
Loco Moco

17

HOMEMADE CHICKEN ADOBO
SERVED W/ BROWN RICE &
STEAMED BROCCOLI
OR
HOMEMADE CHEESE QUESADILLA
SERVED ON WG TORTILLA

18

Tacos on WG Tortilla Served with Pico
De Gallo & Sour Cream
or
Homemade Baked Potato with
Cheddar Cheese and Chili

19

HAWAIIAN, FOUR CHEESE (V),
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

20

Homemade Italian Pasta Bake w/ WG
Penne & Meat Sauce
or Oven Baked Cheese Quesadilla on
a WG Tortilla

21

Oven Baked Chicken Tenders w/
Baked French Fries
or
Grilled Cheese Sandwich w/ Baked
French Fries
or
Garden Salad w/ WG Roll

24

No School
Thanksgiving Break

25

No School
Thanksgiving Break

26

No School
Thanksgiving Break

27

No School
Thanksgiving Break

28

No School
Thanksgiving Break



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.liftoffplayground.com

BREAKFAST

Breakfast

MONDAY: Assorted WG Bagels With Cream Cheese Spread

TUESDAY: German Blueberry Breakfast Pancake

WEDNESDAY: Homemade WG French Toast Served with Caramelized Apples

THURSDAY: Organic Straus Yogurt Fruit Smoothies

FRIDAY: Homemade Breakfast Bake Egg Bites with Cage Free Eggs and Nitrate Free Turkey Ham

Nature's Path Organic & Gluten Free Cereal and Graham Crackers (GF) are Served Daily. We Offer Fruit with Your Breakfast Meal and a Variety of Milk

Sun Butter & Jelly Sandwich Available Daily
Menu Subject to Change

USDA is an Equal Opportunity Provider, Employer, and Lender



Please look for these icons in your cafeteria.