

## MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)

Menu Subject to Change

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

Popcorn Chicken w/ Dinner Roll  
Sautéed Spinach

2

Crispy Chicken Drumstick  
w/ Corn Muffin  
Mixed Vegetables

3

**Pizza day:**  
Cheese  
Green Beans

Offered Daily 11/1-11/3: Ham & Cheese Sandwich, Chef Salad w/ Flat Bread and Cereal Boat

6

Pretzel Cheeseburger  
Sweet Potato Fries

7

Chicken Nuggets  
w/ Dinner Roll  
Roasted Mexican Corn

8

Philly Cheesesteak  
Roasted Broccoli

9

**SCHOOL CLOSED**

10

**SCHOOL CLOSED**

Offered Daily 11/6-11/10: Italian Sub, Garden Salad w/ Dinner Roll and Pretzel Boat

13

Hot Dog  
Baked Beans

14

Grilled Cheese Pretzel Sandwich  
Steamed Carrots

15

Mac & Cheese w/ Dinner Roll  
Sautéed Spinach

16

1/2 Day  
Bag Lunch  
Deli Sandwich  
Vegetable  
Fruit  
Milk \ Juice

17

**Pizza Day:**  
Cheese Galaxy  
Cucumber Coins

Offered Daily 11/13-11/17: Turkey & Cheese Sandwich, Crispy Chicken Salad w/ Dinner Roll and Bagel Boat

20

Macaroni & Cheese  
w/ Breadstick  
Steamed Carrot Coins

21

Chicken Patty Sandwich  
Seasoned Steamed Corn

22

1/2 Day  
Bag Lunch  
Deli Sandwich  
Vegetable  
Fruit  
Milk \ Juice

23

**SCHOOL CLOSED**

24

**SCHOOL CLOSED**

Offered Daily 11/20-11/24: Tuna Sub, Chef Salad w/ Dinner Roll and Cereal Boat

27

Cheesy Stuffed Breadsticks  
w/ Marinara Sauce  
Glazed Baby Carrots

28

Boneless Chicken Bites  
w/ Soft Pretzel Stick  
Steamed Corn

29

Meatball Parm Sub  
Broccoli

30

**Breakfast for Lunch:**  
Breakfast Burrito  
Black Bean & Corn Salsa

Offered Daily 11/27-11/30: Ham & Cheese Sub, Garden Salad w/ Dinner Roll and Pretzel Boat



## 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](http://www.liftoffsplyground.com)

## Refresh Your Mind Every Monday

Not all stress is the same. Some of the stress that we face in life can be more detrimental to our well-being, and some types of stress can actually be healthy for us. Good stress, or eustress, can be beneficial and is actually necessary for our overall wellbeing. This is the type of "positive" stress that keeps us excited about life. The excitement of a roller-coaster ride, a scary movie or a fun challenge are all examples of eustress. On the other hand, bad stress, or distress, can be detrimental to our health if it becomes chronic and sustained over time. Persistent stress has been shown to cause cardiovascular risks, digestive disorders and decreased immune response as well as sleep loss and mood disorders.

Realizing the magnitude of stress in our country, a team of researchers who created The Mondays Campaign developed a new initiative called DeStress Monday. This program helps people put a positive start on each week while reducing stress throughout the week. DeStress Monday provides helpful, evidence-based stress reduction tools and resources distributed through their website, social media and weekly newsletters. Have a happy week and check out these free destressing resources for yourself, your friends and colleagues at: <https://www.destressmonday.org/#>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## Fresh Pick Recipe

### WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

**NUTRITION FACTS:**  
13 calories, .08g fat,  
5mg sodium, .65g fiber



Nutrition Information is available upon request.