

### 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

Chicken Patty Sandwich  
Sautéed Spinach

2

Cheeseburger On A Bun  
Baked Beans

3

Pizza day:  
French Bread Pizza  
Green Beans

Offered Daily 11/1-11/3: Turkey Club Sandwich, Chef Salad w/ Flatbread, and Yogurt Boat

6

Baked Ziti w/ Garlic Breadstick  
Steamed Carrot Coins

7

Taco Tuesday  
Refried Beans

8

Pizza  
Cucumber Slices

9

SCHOOL CLOSED

10

SCHOOL CLOSED

Offered Daily 11/6-11/10: Italian Sub, Chicken Caesar Salad w/ Flat Bread and Bagel Boat

13

Cheesy Stuffed Breadsticks w/ Marinara  
Sweet Potato Fries

14

Taco Tuesday  
Steamed Corn

15

Mac & Cheese w/ Dinner Roll  
Roasted Broccoli

16

Pizza  
Three Bean Salad

17

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

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

20

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

21

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

22

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

23

SCHOOL CLOSED

24

SCHOOL CLOSED

Offered Daily 11/20-11/24: Ham & Cheese Sandwich, Garden Salad w/ Flat Bread and Yogurt Boat

27

Hot Dog  
Baked Beans

28

Taco Tuesday  
Steamed Corn

29

Meatball Sub  
Steamed Broccoli

30

BBQ Chicken w/ Rice  
South West Black Beans

Offered Daily 11/27-11/30: Crispy Chicken Wrap, Chef Salad w/ Dinner Roll, Fruit & Yogurt Parfait



## 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.