

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

1

Pulled Turkey w/ Rice

Sautéed Spinach

THURSDAY

2

Crispy Chicken Drumstick w/ Corn Muffin

Vegetarian Baked Beans

FRIDAY

3

Pizza day:

Cheese Pizza

Green Beans

Offered Daily 11/1-11/3: Turkey Club Sandwich, Chef Salad w/ Flatbread, Pretzel Bag

6

Cheeseburger On A Bun

Seasoned Carrot Coins

7

Chicken Nuggets w/ Dinner Roll

Smiley Fries

8

Corn Dog

Roasted Broccoli

9

SCHOOL CLOSED

10

SCHOOL CLOSED

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

13

Cheesy Stuffed Breadsticks w/ Marinara

Sweet Potato Fries

14

Taco Tuesday:

Crazy Nachos Corn

Steamed Corn

15

Beefy Cheesy Mac

Roasted Broccoli

16

1/2 Day Bag Lunch

Deli Sandwich Vegetable Fruit Milk / Juice

17

Pizza Day:

Pizza Slice

Green Beans

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

20

Chicken Tenders w/ Dinner Roll

Seasoned Carrot Coins

21

Pizza Day:

French Bread Pizza

Three Bean Salad

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, Yogurt Boat

27

Hot Dog

Baked Beans

28

Boneless Chicken Bites w/ Soft Pretzel Stick

Steamed Corn

29

Cheese Burger On A Bun

Seasoned Collard Greens

30

Breakfast for Lunch:

French Toast w/ Sausage

Sweet Potato Tatar Tots

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

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.