

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:
Pancake on a Stick

Lunch:
Beef & Cheese Nachos
Crispy Chicken Burger on a Bun
Sunbutter & Jelly Sandwich on WW
Spinach & Fruit Salad w/WW Roll
Includes Fruits, Vegetables & Milk

4

Breakfast:
Warm Biscuit w/Gravy

Lunch:
Homemade Chicken Pot Pie
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Crispy Chicken Salad w/WW Roll
Includes Fruits, Vegetables & Milk

5

Breakfast:
Ham & Cheese English Muffin

Lunch: National Comfort Food Day!
Hearty Baked Potato w/Toppings
Chicken Nuggets w/WW Roll
Southwest Taco Salad w/Tortilla Chips
Crunchy Chicken Wrap
Includes Fruits, Vegetables & Milk

6

Breakfast:
Mini Maple Waffles

Lunch:
BBQ Pulled Sandwich
Baked Taco or Cheese Pizza
Ham & Cheese Sub
Peppi Pizza Salad w/WW Roll
Includes Fruits, Vegetables & Milk

7

Breakfast:
Homemade Blueberry Muffin Square

Lunch:
Soft Chicken Taco
Hamburger/Cheeseburger
Turkey and Cheese Sandwich
Chicken Caesar Salad w/WW Roll
Includes Fruits, Vegetables & Milk

10

Breakfast:
French Toast Sticks

Lunch:
Cheese & BBQ Chicken Flatbread
Crispy Chicken Burger on a Bun
Turkey & Cheese Sandwich on WW
Chicken Caesar Salad w/WW Roll
Includes Fruits, Vegetables & Milk

11

Breakfast:
Warm Apple Pocket

Lunch:
Teriyaki Beef Dippers over Rice
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Crispy Chicken Salad w/WW Roll
Includes Fruits, Vegetables & Milk

12

Breakfast:
WG Cinnamon Roll

Lunch:
Cheesy Breadsticks w/Marinara
Chicken Nuggets w/WW Roll
Crunchy Chicken Wrap
Southwest Taco Salad w/Chips
Includes Fruits, Vegetables & Milk

13

Breakfast:
Blueberry Bagel w/Cream Cheese

Lunch:
Toasty Grilled Cheese w/Tomato Soup
Baked Sausage or Cheese Pizza
Chunky Chicken Salad Sub
Peppi Pizza Salad w/WW Roll
Includes Fruits, Vegetables & Milk

14

Breakfast:
Eggs w/Toast

Lunch:
Golden Fish & Chips
Hamburger/Cheeseburger
Sunbutter & Jelly Sandwich
Spinach & Fruit Salad w/WW Roll
Includes Fruits, Vegetables & Milk

17

Breakfast:
Pancake on a Stick

Lunch:
Teriyaki Chicken & Rice
Crispy Chicken Burger on a Bun
All American Sandwich
Classic Chef Salad w/WW Roll
Includes Fruits, Vegetables & Milk

18

Breakfast:
SW Breakfast Slider

Lunch:
Homerun Hotdog on a Bun
Baked Pepperoni or Cheese Pizza
Egg Salad Sub Sandwich
Poppin' Chicken Salad w/WW Roll
Includes Fruits, Vegetables & Milk

19

Breakfast:
Egg & Cheese English Muffin

Lunch:
Beef & Cheese Nachos
Chicken Nuggets w/WW Roll
Turkey & Ranch Flatbread
SW Chicken Taco Salad w/Chips
Includes Fruits, Vegetables & Milk

20

Breakfast:
WG Pancakes w/Syrup

Lunch:
Country Style Chicken Bowl w/WW Roll
Soft Pretzel w/Cheese Pizza
Baked Supreme or Cheese Pizza
Chillin Tuna Salad Sub
Mandarin Chicken Salad w/WW Roll
Includes Fruits, Vegetables & Milk

21

Breakfast:
Yogurt w/Graham Crackers

Lunch:
Homemade Macaroni & Cheese
Hamburger/Cheeseburger
Turkey & Cheese on a Bagel
Peppi Pizza Salad w/WW Roll
Includes Fruits, Vegetables & Milk
Holiday Cookie Day!!

24

Winter Vacation
No School

25

Wishing you a Wonderful
Holiday Season

26

Winter Vacation
No School

27

Winter Vacation
No School

28

Winter Vacation
No School



BREAKFAST INCLUDES:
CHOICE OF THE DAILY ENTREE
LISTED OR CEREAL
WITH TOAST ALONG WITH A
VARIETY OF FRUITS AND MILK



Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liffosplayground.com

How Do I Know If A Child is Exercising Hard Enough?

Some people exercise every day but wonder why they are not achieving their desired goals. Too often it's because they are not working out at the right intensity level or not exerting enough effort. For most people, aerobic activity should be performed at a moderate-intensity to achieve improved fitness. To help better gauge your child's level of intensity, consider these guidelines from the Center For Disease Control (CDC):

1. As a rule of thumb, on a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6. When your son does moderate-intensity activity, his heart will beat faster than normal and he will breathe harder than normal. Vigorous-intensity activity is a level 7 or 8. When your son does vigorous-intensity activity, his heart will beat much faster than normal and he will breathe much harder than normal.
2. Another way to judge intensity is to think about the activity your child is doing and compare it to the average child. What amount of intensity would the average child use? For example, when your daughter walks to school with friends each morning, she's probably doing moderate-intensity aerobic activity. But while she is at school, when she runs, or chases others playing tag during recess, she's probably doing vigorous-intensity activity.

Source: www.cdc.gov/physicalactivity/everyone/guidelines/children.

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

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.



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.70 MIDDLE SCHOOL \$1.85 HIGH SCHOOL \$2.00

LUNCH: K-3 REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.70 MIDDLE SCHOOL \$3.10 HIGH SCHOOL \$3.45

INVEST IN YOUR STUDENT'S LONG TERM HEALTH - PURCHASE SCHOOL MEALS!

Nutrition Information is available upon request.

