

## 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 Ceasar 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**

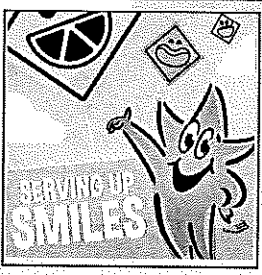
Winter Vacation  
No School

**27**

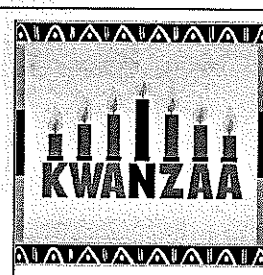
Winter Vacation  
No School

**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.

liftoffsplayground.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](http://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.

**sodexo**