

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Giant Beef Taco

Baked Cinnamon Apples,
Garden Side Salad, Diced Pears

2

Pepperoni Pizza

Citrus Glazed Carrots, Applesauce &
Fresh Bananas

3

Goey Grilled Cheese Sandwich (V)

tomato soup, Fresh Broccoli, Mixed
Fruit
Rice Krispies Treat!

4

Chicken Nuggets & Breadstick

Whipped Potatoes & Gravy, Garden
Salad, Cinnamon Apples

7

Classic Chicken Alfredo Mac

Emoji Potatoes,
Caesar Salad, Diced Peaches

8

Cheese Quesadilla (V)

Aztec Corn, Fresh Broccoli,
& Orange Smiles

9

Baked Penne Pasta (V)

Baked Beans,
Super Side Salad,
Fresh Bananas

10

Corn Dog

Seasoned Carrots,
Fresh Broccoli,
Mixed Fruit
Freshly Baked Cookie!

11

Cheese Pizza (V)

Celery Sticks, Super Side
Salad, Cinnamon Apples

Local ingredients used when seasonally available

14

Mac & Cheese (V)

Roasted Broccoli,
Caesar Salad,
Fresh Apples
Rice Krispies Treat!

15

Cheese Pizza (V)

Mixed Vegetables,
Garden Salad, Diced
Pears

16

Steak Fingers with Dinner Roll

Whipped Potatoes & Gravy,
Super Side Salad,
Applesauce

17

Spaghetti & Meat Sauce

Green Beans, Garden
Salad, Orange Smiles

18

Chicken & Waffle

Sweet Potato Fries,
Cinnamon Apples
& Fresh Bananas

Variety of fat free and low fat milk are offered daily

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL



(V) Denotes a vegetarian friendly item

28

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31

NO SCHOOL

The Fresh Pick for December is Broccoli! Broccoli is a great source of vitamins C, A, K & B-6. Try it roasted on December 14th!

Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	December 1 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples & Raisins	December 2 French Toast Sticks Fresh Banana & Orange Smiles	December 3 Fresh Biscuit Diced Peaches	December 4 Toasted Waffles Applesauce
December 7 Oatmeal Round Applesauce & Raisins	December 8 Pancakes Mixed Fruit	December 9 Biscuit & Sausage Gravy Fresh Banana & Orange Smiles	December 10 Breakfast Burrito Diced Pears	December 11 Breakfast Pizza Fresh Apples & Orange Smiles
December 14 Sausage Biscuit Applesauce	December 15 Maple Sausage Roll Diced Peaches	December 16 French Toast Sticks Fresh Apple & Orange Smiles	December 17 Honey Chicken Biscuit Fresh Banana & Orange Smiles	December 18 Filled Cinnamon Toast Crunch Bar Mixed Fruit & Raisins
December 21 NO SCHOOL	December 22 NO SCHOOL	December 23 NO SCHOOL	December 24 NO SCHOOL	NO SCHOOL
December 28 NO SCHOOL	December 29 NO SCHOOL	December 30 NO SCHOOL	December 31 NO SCHOOL	

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.



10% post-consumer



Nutrition Information is available upon request.