

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
French Toast Sticks & Scrambled Eggs (V)

Tater Tots
Baked Cinnamon Apples

2
Sweet & Sour Chicken with Rice

Citrus Glazed Carrots
Applesauce

3
Goey Grilled Cheese Sandwich (V)

Green Beans
Mixed Fruit
Rice Krispies Treat!

4
Chicken Nuggets

Whipped Potatoes & Gravy
Cinnamon Apples

7
Charbroiled Cheeseburger

Emoji Potatoes
Diced Peaches

8
Strawberry Fields Parfait & String Cheese (V)

Aztec Corn
Diced Pears

9
Crispy Chicken Sandwich

Baked Beans
Applesauce

10
Chicken Nuggets

Whipped Potatoes & Gravy
Mixed Fruit

11
Classic Ham & Cheese Sandwich

Mixed Vegetables
Cinnamon Apples

Local ingredients used when seasonally available

14
Mac & Cheese (V)

Roasted Broccoli
Diced Peaches

15
Cheese Pizza (V)

Mixed Vegetables
Diced Pears

16
Steak Fingers

Whipped Potatoes & Gravy
Applesauce

17
Crispy Chicken Sandwich

Green Beans
Mixed Fruit

18
Chicken & Waffle

Sweet Potato Fries
Cinnamon Apples

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 Orange Smiles Milk	December 2 French Toast Sticks Fresh Banana Milk	December 3 Fresh Biscuit Diced Peaches Milk	December 4 Toasted Waffle Applesauce Milk
December 7 Cinnamon Toast Crunch Cereal Juice Milk	December 8 Pancakes Mixed Fruit Milk	December 9 Biscuit & Sausage Gravy Fresh Banana Milk	December 10 Cheerios Cereal Diced Pears Milk	December 11 Breakfast Pizza Orange Smiles Milk
December 14 Sausage Biscuit Applesauce Milk	December 15 Strawberry Mini Bagels Diced Peaches Milk	December 16 French Toast Sticks Fresh Apple Slices Milk	December 17 Honey Chicken Biscuit Fresh Banana Milk	December 18 Cinnamon Toast Crunch Cereal Mixed Fruit Milk
December 21 NO SCHOOL	December 22 NO SCHOOL	December 23 NO SCHOOL	December 24 NO SCHOOL	December 25 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



sodexo



10% post-consumer



Nutrition Information is available upon request.

