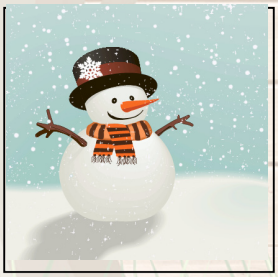
THE clubhouse @ Downe Township Elementary

DEC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage, Egg and Cheese on a Bagel Hot Dog Sweet Potato Fries Grape Tomatoes Fruit/ Milk	**2** Beef Walking Tacos with Lettuce and Cheese Chicken Patty Black Beans Grape Tomatoes Fruit/ Milk	**3** **Bite Science!** Thai Chicken and Pineapple Rice Cheeseburger Broccoli Grape Tomatoes Fruit/Milk	**4** Ham and Cheese Melt on Waffle Flatbread Chicken Nuggets with Dinner Roll Green Peas Grape Tomatoes Fruit/ Milk	**5** Cheese or Pepperoni Pizza Dippers with Marinara Green Beans Grape Tomatoes Fruit/ Milk
Offered Daily: Deli Bento Box or Peanut Butter and Jelly				
8 Chicken Pot Pie on a Biscuit Hot Dog Carrots Cucumber Slices Fruit/ Milk	**9** Chicken Quesadilla Chicken Patty Seasoned Corn Cucumber Slices Fruit/ Milk	**10** Sweet and Sour Chicken with Brown Rice Cheeseburger Green Beans Cucumber Slices Fruit/ Milk	**11** Chicken and Broccoli Alfredo with Breadstick Chicken Nuggets with Dinner Roll Broccoli Cucumber Slices Fruit/ Milk	**12** Cheese or Pepperoni French Bread Pizza Roasted Chick Peas Cucumber Slices Fruit/ Milk
Offered Daily: American Sub or Peanut Butter and Jelly				
15 Chicken Parm. Sandwich Hot Dog Broccoli Celery Sticks Fruit/ Milk	**16** Twin Beef Tacos Chicken Patty Pinto Beans Celery Sticks Fruit/ Milk	**17** **Holiday Dinner** Glazed Chicken Drumstick, Stuffing, Mashed Potatoes, Green Beans, Dinner Roll Cheeseburger *Special Dessert with Every Lunch purchase*	**18** Cheesesteak Sandwich Chicken Nuggets with Dinner Roll Baked Fries Celery Sticks Fruit/ Milk	**19** Cheese or Pepperoni Pizza Carrots Celery Sticks Fruit/Milk
Offered Daily: Mixed Berry Parfait or Peanut Butter and Jelly				
22 Chicken and Waffles Hot Dog Tater Tots Baby Carrots Fruit/ Milk	**23** **1/2 Day** Chicken Fajitas Chicken Patty Seasoned Corn Baby Carrots Fruit/ Milk	**24** Winter Break!!		**26** Lucky Tray Day is December 10! Find a Lucky Tray and win a bag of chips!
Offered Daily: Turkey and Cheese Sub or Peanut Butter and Jelly				
29 **Menu Subject to change**	**30**			

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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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biscuit Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/Milk	Min Pancake Oatmeal Bar with Graham Cracker Yogurt with Graham Cracker Juice/Milk	Mini Cinni Donuts Yogurt with Graham Cracker Juice/Milk	Bacon, Egg and Cheese Bite with Biscuit Muffin with Graham Cracker Yogurt with Graham Cracker	Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Chicken Biscuit Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Min Pancake Oatmeal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Mini Cinni Donuts Yogurt with Graham Cracker Juice/ Milk	Bacon, Egg and Cheese Bite with Biscuit Muffin with Graham Cracker Yogurt with Graham Cracker	Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Chicken Biscuit Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/Milk	Min Pancake Oatmeal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Mini Cinni Donuts Yogurt with Graham Cracker Juice/ Milk	Bacon, Egg and Cheese Bite with Biscuit Muffin with Graham Craacker Yogurt with Graham Cracker	Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Chicken Biscuit Pop Tart with Graham Cracker Yogurt with graham Cracker Juice/ Milk	Mini Pancake Oatmeal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Winter Break!!		

Fresh Pick Recipe

PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.

Please email stacie.lyman@sodexo.com
with any dietary restrictions or questions about your child's account.

Online deposits- https://www.schoolcafe.com/DOWNETOWNSHIPSD

Menu Subject to Change

Nutrition Information is available upon request.