

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2 Chicken and Hotcake Sandwich Hot Dog Sweet Potato Fries Fruit/Milk	3 Corn Dog Nuggets Hot Dog Seasoned Corn Fruit/Milk	4 Grilled Chicken Sandwich Hot Dog Seasoned Broccoli Fruit/Milk	5 Chicken Nuggets with Dinner Roll Hot Dog Baked Beans Fruit/Milk	6 Cheese Pizza Hot Dog Celery Sticks Fruit / Milk
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Offered Daily: Yogurt Boat or Peanut butter and Jelly

9 Hamburger Hot Dog Roasted Carrots Fruit / Milk	10 Cup of Chili Hot Dog Tater Tots Fruit / Milk	11 Noodles with Breadstick Hot Dog Side Salad Fruit / Milk	12 BBQ Chicken Flatbread Hot Dog Asian Style Chickpeas Fruit/Milk	13 Pizza Dunkers with Dipping Sauce Hot Dog Cauliflower Popcorn Fruit/Milk
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Offered Daily: Yogurt Boat or Peanut butter and Jelly

16 <b>Breakfast for Lunch!</b> French Toast Sticks with Sausage Hot Dog Sweet Potato Fries Fruit/Milk	17 Chicken Patty Hot Dog Carrot Sticks Fruit / Milk	18 <b>Holiday Dinner with Fun Treat!</b> Roasted Chicken with Mashed potatoes Hot Dog Sautéed Spinach Fruit / Milk	19 Sloppy Joe Sandwich Hot Dog Baked Beans Fruit/Milk	20 Cheese Pizza Hot Dog Parmesan Green Beans Fruit / Milk
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Offered Daily: Yogurt Boat or Peanut butter and Jelly

	24 Winter Break		26 Winter Break	27 Winter Break
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30 Winter Break	31 Winter Break			Menu Subject to Change
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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.

[www.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt Cup with Graham Cracker  Juice/Milk	Nutri grain Bar with Graham Cracker  Juice/Milk	Pancake Flavored Chicken Sausage Patty Bite Bagel with Cream Cheese Yogurt with Graham Cracker	Blueberry Muffin with Graham Cracker  Juice/Milk	Fruit Loops with Graham Cracker  Juice / Milk
Yogurt Cup with Graham Cracker  Fruit Juice / Milk	Nutri grain Bar with Graham Cracker Juice / Milk	Warm Oatmeal Bagel with Cream Cheese Yogurt Cup with Graham Cracker Juice / Milk	Blueberry Muffin with Graham Cracker  Juice/Milk	Fruit Loops with Graham Cracker  Juice/Milk
Yogurt Cup with Graham Cracker  Juice/Milk	Nutri grain Bar with Graham Cracker Juice/Milk	Pancake Flavored Chicken Sausage Patty Bite Bagel with Cream Cheese Yogurt with Graham Cracker	Blueberry Muffin with Graham Cracker  Juice/Milk	Fruit Loops with Graham Cracker  Juice / Milk

### Fresh Pick Recipe

#### LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.

Please email [stacie.lyman@sodexo.com](mailto:stacie.lyman@sodexo.com) with any dietary restrictions or questions about your child's account.

Menu Subject to Change

Nutrition Information is available upon request.

