

NO SCHOOL

VETERANS DAY



CITY OF BROTHERLY LOVE

BIG-CITY BITES

**SPAGHETTI WITH MARINARA &** 

**WEDNESDAY** THURSDAY FRIDAY 1 2 3 Must select at least 3 of TURKEY BACON CLUB SANDWICH the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk RANCH CHICKEN WRAP MOZZARELLA STUFFED NO SCHOOL CHEESE QUESADILLA (V) BREADSTICKS (V) ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE! ASIAN MEATBALLS WITH BROWN SLOPPY JOE SANDWICH RICE Fat free chocolate or 1% unflavored milk offered daily. 7 8 9 10 BEEF TACOS **BIG DADDY'S PEPPERONI PIZZA** 

CHEESY CAESAR SALAD WITH

DINNER ROLL (V)

CHICKEN DRUMSTICK WITH

BISCUIT

CHEESE (V) CHICKEN & CHEESE QUESADILLA CHIMI NADA (V) PROTEIN PACK (V) PB&J SANDWICH WITH STRING CHEESE (V) CRISPY CHICKEN SANDWICH

6

You must select at least a 1/2 cup fruit or vegetable each meal.

CHICKEN TENDERS WITH A

BISCUIT

SOUTHWEST QUESO PULL APART

BREAD (V)

13	14	15	16	17
ENCHIRITO (V) CHEESY ALFREDO PASTA WITH DINNER ROLL (V) CHEESE SANDWICH (V)	FRENCH BREAD CHEESE PIZZA (V) NITRATE FREE TURKEY DOG WITH SWEET POTATO FRIES GRILLED CHEESE (V)	CHICKEN CORN DOG CHEESY PULL APART BREAD (V) PHILLY STYLE CHEESESTEAK	CHEESE QUESADILLA (V) RANCH CHICKEN WRAP TURKEY & GRAVY WITH MASHED POTATO AND DINNER ROLL	ALL BEEF CHEESEBURGER MOZZARELLA STUFFED BREADSTICKS ASIAN MEATBALLS WITH BROWN RICE

All meals are offered at NO COST to ALL students.



27	28	29	30	fresh pičk
ENCHIRITO (V) CHEESY ALFREDO PASTA WITH DINNER ROLL (V) CHIMI NADA (V)	FRENCH BREAD CHEESE PIZZA (V) NITRATE FREE TURKEY DOG WITH SWEET POTATO FRIES GRILLED CHEESE (V)	CHICKEN CORN DOG CHEESY PULL APART BREAD (V) PHILLY STYLE CHEESESTEAK	RANCH CHICKEN WRAP CHEESE QUESADILLA (V) SLOPPY JOE SANDWICH	Bid you how provide the set of the set of the set

Menu is subject to change.

This institution is an equal opportunity provider.

## The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.



Sodexo is committed to promoting healthier food choices and encourages student: and families to use the USDA MyPlate to build healthy and balanced meals.

## www.liftoffsplayground.com

BREAKFAST MENU							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
		NO SCHOOL	MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN			
WHEAT BAGEL WITH CREAM CHEESE	MINI CHOCOLATE LOAF WITH STRING CHEESE	MINI DONUTS	BENEFIT BAR	NO SCHOOL			
CONCHA	WG POP TART	ULTIMATE BREAKFAST ROUND	MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN			
CONCHA	WG POP TART	ULTIMATE BREAKFAST ROUND	MINI MUFFIN & GRA- HAM CRACKERS				

## 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.
- Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
- Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
- 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.



We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more. Cereal and Grahams or string cheese are offered for breakfast everyday. Fat free chocolate milk and 1% unflavored milk are offered everyday. All Meals are offered at NO COST to ALL students! Limit one of each meal per day per student.

This institution is an equal opportunity provider

This institution is an equal opportunity provider

