

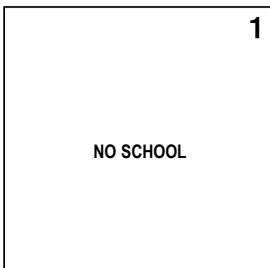
MONDAY



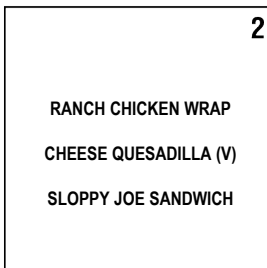
TUESDAY



WEDNESDAY



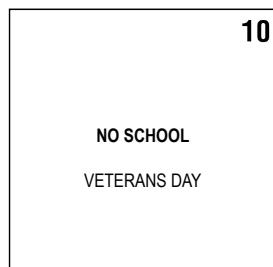
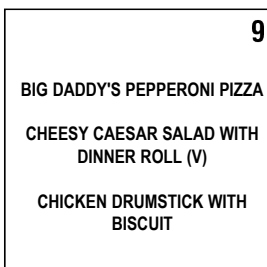
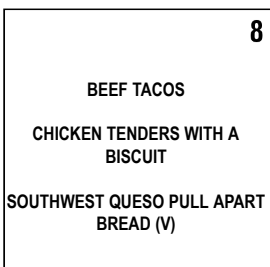
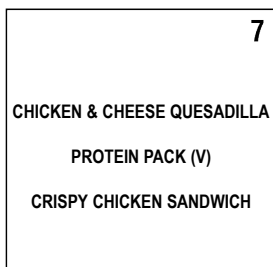
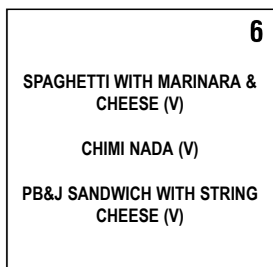
THURSDAY



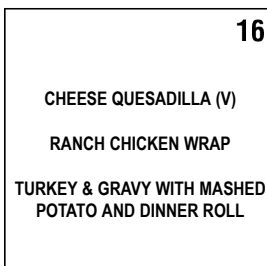
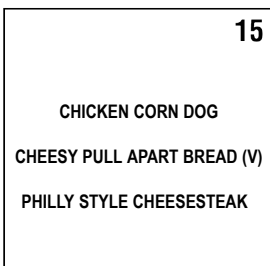
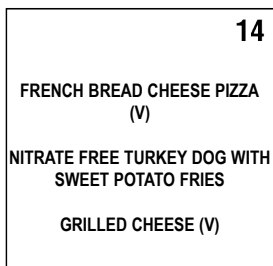
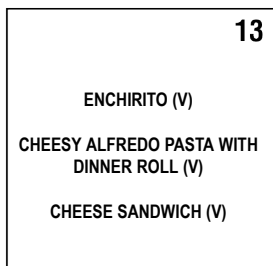
FRIDAY



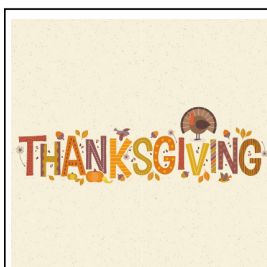
Fat free chocolate or 1% unflavored milk offered daily.



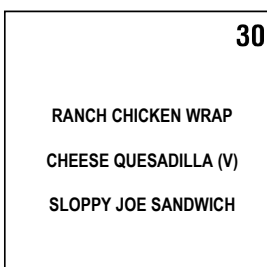
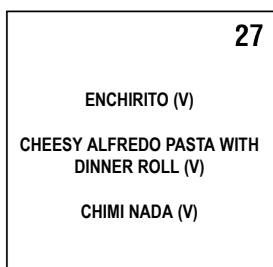
You must select at least a 1/2 cup fruit or vegetable each meal.



All meals are offered at NO COST to ALL students.



Limit of one breakfast and lunch per day per student.



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 students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		NO SCHOOL	BELGIAN WAFFLE & SAUSAGE OR MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN OR EGG & CHEESE ON ENGLISH MUFFIN
FRENCH TOAST STICKS OR WHEAT BAGEL WITH CREAM CHEESE	APPLE FRUDEL OR MINI CHOCOLATE LOAF WITH STRING CHEESE	SLICED LEMON BREAD OR MINI DONUTS	SAUSAGE BISCUIT WITH CHEDDAR OR BENEFIT BAR	NO SCHOOL
CONCHA OR MINI PANCAKE BITES	BREAKFAST PIZZA OR WG POP TART	PANCAKE ON A STICK OR ULTIMATE BREAKFAST ROUND	BELGIAN WAFFLE & SAUSAGE OR MINI MUFFIN & GRAHAM CRACKERS	CINNAMON BUN OR EGG & CHEESE ON ENGLISH MUFFIN
CONCHA OR MINI PANCAKE BITES	BREAKFAST PIZZA OR WG POP TART	PANCAKE ON A STICK OR ULTIMATE BREAKFAST ROUND	BELGIAN WAFFLE & SAUSAGE OR MINI MUFFIN & GRAHAM 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.
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.



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

sodexo



Please look for these icons in your cafeteria.