

MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)

Menu Subject to Change

TUESDAY

Thrive Garden Bar
 Daily: Romaine or Spinach Salad
 Monday: Carrot Sticks
 Tuesday: Chilled Corn Salad
 Wednesday: Broccoli Dippers
 Thursday: Bean Salad
 Friday: Celery Sticks

WEDNESDAY



THURSDAY



FRIDAY

1

Chicken Alfredo Pasta
 Roasted Vegetables

Offered Daily 12/1: Fruit & Yogurt Parfait, Crispy Chicken Wrap, and Peanut Butter & Jelly Sandwich

4

Cheesy Stuffed Breadstick w/ Marinara
 Citrus Glazed Carrots

5

Taco Totchos w/ Buttermilk Biscuit
 Roasted Corn & Red Pepper Salad

6

Butter Chicken w/ Brown Rice
 Roasted Broccoli

7

Crispy Chicken Drumstick w/ Cheesy Grits or Cornbread
 Vegetarian Baked Beans

8

Pizza day:
 Cheese or Pepperoni
 Chicken Bacon Ranch
 Low Country Green Beans

Offered Daily 12/4-12/8: Chef Salad w/ Flatbread, Turkey Club Sandwich, and Peanut Butter & Jelly Sandwich

11

Pretzel Cheeseburger or Garden Burger
 Sweet Potato Fries

12

Beef Nachos
 Roasted Mexican Corn

13

Philly Cheesesteak
 Broccoli Slaw

14

Chicken & Waffle
 Confetti Bean Salad

15

Cheese Quesadilla
 Parmesan Green Beans

Offered Daily 12/11-12/15: EZ Pizza Bento, Italian Sub, and Peanut Butter & Jelly Sandwich

18

Hot Diggity Dog
 Sweet Potato Fries

19

Taco Tuesday:
 Chicken Fajita Tacos w/ Spanish Rice
 Aztec Corn

20

Beefy Cheesy Mac
 Sautéed Spinach

21

Breakfast for Lunch:
 MTO Breakfast Potato Bowl w/ Buttermilk Biscuit

22

Pizza Day:
 Cheese, Pepperoni, or Meat Lover's Pizza Slice
 Italian Roasted Zucchini

Offered Daily 12/18-12/22: Crispy Chicken Salad w/ Dinner Roll, Turkey & Cheese Sandwich, and Peanut Butter & Jelly Sandwich



26



28



HAPPY HOLIDAYS! HAVE A GREAT WINTER BREAK :)

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

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as adults, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: **WebMD Feature: "How Much Sleep Do Children Need?"**

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

BEEF SALAD WITH APPLES AND SIMPLE VINAIGRETTE

Salad:

- 3 beets, medium wedges
- 5 cups romaine lettuce, 1" slice
- 1 apple, large dice
- 1/4 cup sweet onion, thin slices
- 1/4 cup parmesan, shredded

Vinaigrette:

- 3 tablespoons light oil
- 2 tablespoons white vinegar
- 2 tablespoons fresh parsley, or 1 tablespoon dried
- salt and pepper to taste

1. Wash beets and trim the top and bottom of stems. (Do not peel entire beet.)
2. Place beets in a foil packet. Drizzle beets with 1 T of olive oil and salt and pepper to taste. Place in 375 degree oven for 45 minutes.
3. Remove from oven and slice into medium wedges.
4. Prepare the remaining salad ingredients as directed. On a large platter, layer the salad ingredients on the base of lettuces starting with the beets.
5. Prepare the vinaigrette and drizzle on salad just before serving.



So Happy

Nutrition Information is available upon request.