

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL PRICING
Reduced Breakfast \$.30
Paid Breakfast \$2.00
Reduced Lunch \$.40
Paid Lunch \$3.50



Nachos with Beans & Cheese (V)
Cheesy Italian Dunkers (V)
Ham & Cheddar Sandwich
Crispy Chicken Salad

1

ALL MEALS INCLUDE FRUITS AND VEGETABLES AND CHOICE OF MILK

4

Chicken Nuggets
Hamburger or Cheeseburger
Grilled Cheese Sandwich (V)
Yogurt, Cheese, & Soft Pretzel (V)

5

100% All Beef Tacos
100% Mozzarella Cheese (V) or
Pepperoni Pizza
American Sub Sandwich
Vegetarian Taco Salad (V)

6

Bean & Cheese Burrito (V)
Crispy Chicken Sandwich
Cheddar Cheese Quesadilla (V)
Pulled Chicken Caesar Salad &
Breadstick

7

Macaroni & Cheese with Roll
100% Mozzarella Cheese (V) or
Pepperoni Pizza
Sun Butter & Jelly Sandwich w String
Cheese (V)
Fiesta Taco Salad & Tortilla Chips

8

Teriyaki Beef with Rice
Cheesy Italian Dunkers (V)
Grilled Cheddar Cheese Sandwich (V)
Fruit & Yogurt Parfait with String
Cheese (V)

11

VETERANS DAY
NO SCHOOL

12

Turkey Hot Dog
100% Mozzarella Cheese (V) or
Pepperoni Pizza
American Sub Sandwich
Protein Pack w Sunflower Seeds

13

Orange Chicken & Rice
Cheddar Cheese Quesadilla (V)
Mini Chicken Corn Dogs
Pulled Chicken Caesar Salad &
Breadstick

14

Crispy Chicken Burger
100% Mozzarella Cheese (V) or
Pepperoni Pizza
Sun Butter & Jelly Sandwich w String
Cheese (V)
Protein Pack with Seeds (V)

15

Nachos with Beans & Cheese (V)
Cheesy Italian Dunkers (V)
Ham & Cheddar Sandwich
Crispy Chicken Salad

18

Chicken Nuggets
Hamburger or Cheeseburger
Grilled Cheese Sandwich (V)
Yogurt, Cheese, & Soft Pretzel (V)

19

100% All Beef Tacos
100% Mozzarella Cheese (V) or
Pepperoni Pizza
American Sub Sandwich
Vegetarian Taco Salad (V)

20

Bean & Cheese Burrito (V)
Crispy Chicken Sandwich
Cheddar Cheese Quesadilla (V)
Pulled Chicken Caesar Salad &
Breadstick

21

Macaroni & Cheese with Roll
100% Mozzarella Cheese (V) or
Pepperoni Pizza
Sun Butter & Jelly Sandwich w String
Cheese (V)
Fiesta Taco Salad & Tortilla Chips

22

Teriyaki Beef with Rice
Cheesy Italian Dunkers (V)
Grilled Cheddar Cheese Sandwich (V)
Fruit & Yogurt Parfait with String
Cheese (V)

25

THANKSGIVING BREAK
NO SCHOOL

26

THANKSGIVING BREAK
NO SCHOOL

27

THANKSGIVING BREAK
NO SCHOOL

28

THANKSGIVING BREAK
NO SCHOOL

29

THANKSGIVING BREAK
NO SCHOOL

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.liftoffplayground.com

BREAKFAST

ALL BREAKFAST COMES WITH FRUIT AND MILK OR JUICE

MONDAY: Assorted Mini Loaf & String Cheese, Assorted Benefit Bars, Bagel & Cream Cheese, Assorted Cereal & Cheese, Yogurt & Graham Crackers

TUESDAY: Assorted Mini Loaf & String Cheese, Assorted Benefit Bars, Bagel & Cream Cheese, Assorted Cereal & Cheese, Yogurt & Graham Crackers

WEDNESDAY: Assorted Mini Loaf & String Cheese, Assorted Benefit Bars, Bagel & Cream Cheese, Assorted Cereal & Cheese, Yogurt & Graham Crackers

THURSDAY: Assorted Mini Loaf & String Cheese, Assorted Benefit Bars, Bagel & Cream Cheese, Assorted Cereal & Cheese, Yogurt & Graham Crackers

FRIDAY: Assorted Mini Loaf & String Cheese, Assorted Benefit Bars, Bagel & Cream Cheese, Assorted Cereal & Cheese, Yogurt & Graham Crackers

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



TITAN ONLINE PAYMENT PORTAL

Visit the online payment portal at <https://family.titank12.com>. The TITAN Family portal is a secure, online system that allows parents to Make an online payment to their children's cafeteria meal accounts, Remotely monitor their children's transactions, set up automatic recurring payments, set up low balance e-mail message alerts, and submit an online application for free and/or reduced meals.

Nutrition Information is available upon request.

