

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Baked Penne Pasta (v) Diced Peaches Cucumber Coins Lowfat White Milk 1%
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4 Sloppy Joe on a Roll Mandarin Oranges Corn Lowfat White Milk 1%	5 Cheddar Cheese Nachos (v) Banana Green Beans Lowfat White Milk 1%	6 Turkey Bacon Club Sandwich Apple Baby Carrots Lowfat White Milk 1%	7 Hamburger Whole Apple Herb Roasted Carrots Lowfat White Milk 1%	8 Beef Soft Tacos Canned Pineapple Vegetarian Baked Beans Lowfat White Milk 1%
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11 Country Fried Steak Applesauce Mashed Potatoes Lowfat White Milk 1%	12 Beef and Cheese Nachos Diced Pears Charro Beans Lowfat White Milk 1%	13 Twisted Cheese Breadstick (v) Mandarin Oranges Herb Roasted Carrots Lowfat White Milk 1%	14 Baked Penne Pasta (v) Diced Peaches Mixed Vegetable Blend Lowfat White Milk 1%	15 Chicken Nuggets Banana Cucumber Coins Lowfat White Milk 1%
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18 Frito Chili Pie Diced Pears Mexican Black Beans Lowfat White Milk 1%	19 Macaroni and Cheese (v) Apple Mixed Vegetable Blend Lowfat White Milk 1%	20 Cheese Pizza (v) Applesauce Roasted Broccoli Lowfat White Milk 1%	21 BBQ Pork Rib Sandwich Canned Pineapple Herb Roasted Carrots Lowfat White Milk 1%	22 Baked Penne Pasta (v) Apple Green Beans Lowfat White Milk 1%
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25	26	27	28	29
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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
				Cheese Grits with Turkey Sausage Orange Juice Lowfat White Milk 1%
Breakfast Taco Apple Juice Lowfat White Milk 1%	Rice Krispie Cereal (v) 100% Grape Juice Lowfat White Milk 1%	Strawberry Cream Cheese Bagel (v) Apple Lowfat White Milk 1%	Cinnamon Toast Crunch Cereal (v) Banana Lowfat White Milk 1%	Mini Pancake Bites (v) Applesauce Lowfat White Milk 1%
Rice Krispie Cereal (v) Diced Peaches Lowfat White Milk 1%	Cheese Grits with Turkey Sausage Apple Juice Lowfat White Milk 1%	Cinnamon Toast Crunch Cereal (v) Apple Lowfat White Milk 1%	Mini Cinnis (v) 100% Grape Juice Lowfat White Milk 1%	Cherry Muffin (v) Apple Juice Lowfat White Milk 1%
Mini Cinnamon Waffle Bites (v) Apple Lowfat White Milk 1%	Breakfast Taco 100% Grape Juice Lowfat White Milk 1%	Banana Bread (v) Orange Lowfat White Milk 1%	French Toast Sticks (v) Banana Lowfat White Milk 1%	Rice Krispie Cereal (v) 100% Grape Juice Lowfat White Milk 1%

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.

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Please look for these icons in your cafeteria.