

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Fresh Cali Club Sandwich
Spaghetti & Beefy Meatballs
Bean & Cheesy Tacos
Oven Roasted Broccoli
Fresh Fruit & Vegetables
Variety of Milk

2

Cheese Sandwich
Fresh Turkey Breast & Cheese
Sandwich
Fresh Fruit & Vegetables
Variety of Milk

3

Beefy Cheese Nachos
Cheddar Cheese Nachos
Hearty Chicken Fajita Wrap
Golden Mini Corn Dogs
Ranch Style Beans
Fresh Fruit & Vegetables
Variety of Milk

4

Golden Chicken Strips & Waffle
Fresh Green Garden Salad
Hearty Meatball Sub
Roasted Spiced Cauliflower
Fresh Fruit & Vegetables
Variety of Milk

5

Juicy Hamburger
Oven Baked Pasta Alfredo
Crunchy Popcorn Chicken Wrap
Golden Tater Tots
Fresh Fruit & Vegetables
Variety of Milk

8

Smokey BBQ Pulled Pork Sandwich
Pepperoni Pizza
Fresh Veggie Taco Salad
Veggie Baked Pinto Beans
Fresh Fruit & Vegetables
Variety of Milk

9

Crispy Chicken Sandwich
Fresh Turkey Breast & Cheese Sub
Hearty Veggie Lasagna
Seasoned Green Beans
Fresh Fruit & Vegetables
Variety of Milk

10

Juicy Steak Fingers
Breaded Chicken Drumsticks
Veggie Lovers Wrap
Sweet Corn
Fresh Fruit & Vegetables
Variety of Milk

11

Hot Baked Potato w/Broccoli &
Cheese
Hearty Beefy Bean & Cheese Burrito
Fresh Chicken Salad Sub Sandwich
Citrus Glazed Carrots
Fresh Fruit & Vegetables
Variety of Milk

12

NO SCHOOL!

15

Golden Chicken Strips & Waffle
Peachy Cream Parfait w/Granola
Zesty Asian Meatballs
Roasted Sesame Carrots
Fresh Fruit & Vegetables
Variety of Milk

16

Country Chicken Fried Steak
Grilled Cheddar Cheese Sandwich
Zesty Italian Sub
Creamy Mashed Potatoes
Fresh Fruit & Vegetables
Variety of Milk

17

Hot Chicken Pot Pie
Cheesy Pizza
Crunchy Popcorn Chicken Wrap
Oven Roasted Broccoli
Fresh Fruit & Vegetables
Variety of Milk

18

Roasted Turkey
Fluffy Cornbread Stuffing
Creamy Mashed Potatoes
Seasoned Green Beans
Fresh Fruit
Variety of Milk

19

Oven Baked Penne Pasta
Cheesy Pizza
Juicy Cheeseburger
Fresh Turkey Breast & Cheddar Sub
Crispy Potato Wedges
Fresh Fruit & Vegetables
Variety of Milk

22

THANKSGIVING BREAK!

23

THANKSGIVING BREAK!

24

THANKSGIVING BREAK!

25

THANKSGIVING BREAK!

26

THANKSGIVING BREAK!

29

Creamy Mac & Cheese
Hearty Sloppy Joe Sandwich
Zesty Italian Wrap
Seasoned Green Beans
Fresh Fruit & Vegetables
Variety of Milk

30

Cheesy Bean Burrito
Juicy Cheeseburger
Fresh Turkey Ham & Cheese Sub
Fresh Steamed Broccoli
Fresh Fruit & Vegetables
Variety of Milk

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.

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Refresh Your Mind Every Monday

Not all stress is the same. Some of the stress that we face in life can be more detrimental to our well-being, and some types of stress can actually be healthy for us. Good stress, or eustress, can be beneficial and is actually necessary for our overall wellbeing. This is the type of "positive" stress that keeps us excited about life. The excitement of a roller-coaster ride, a scary movie or a fun challenge are all examples of eustress. On the other hand, bad stress, or distress, can be detrimental to our health if it becomes chronic and sustained over time. Persistent stress has been shown to cause cardiovascular risks, digestive disorders and decreased immune response as well as sleep loss and mood disorders.

Realizing the magnitude of stress in our country, a team of researchers who created The Mondays Campaign developed a new initiative called DeStress Monday. This program helps people put a positive start on each week while reducing stress throughout the week. DeStress Monday provides helpful, evidence-based stress reduction tools and resources distributed through their website, social media and weekly newsletters. Have a happy week and check out these free destressing resources for yourself, your friends and colleagues at: <https://www.destressmonday.org/#>.

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

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Please look for these icons in your cafeteria.

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BREAKFAST MENU

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Hot Chicken Biscuit Fresh Fruit 100% Juice Variety of Milk	Cheesy Egg Potato & Sausage Burrito Fresh Fruit 100% Juice Variety of Milk	Sweet Blueberry Poptart Fresh Fruit 100% Juice Variety of Milk	Hearty Biscuit Sausage Sandwich Fresh Fruit 100% Juice Variety of Milk	Sweet Apple Cinnamon Muffin Tops Fresh Fruit 100% Juice Variety of Milk
Savory Pancake & Sausage Sandwich Fresh Fruit 100% Juice Variety of Milk	Hot Chicken & Biscuit Fresh Fruit 100% Juice Variety of Milk	Low-Sugar Cereal w/Grams Fresh Fruit 100% Juice Variety of Milk	Sweet Mini Cinnamon Waffle Bites Fresh Fruit 100% Juice Variety of Milk	NO SCHOOL!
Cheesy Egg Potato & Sausage Burrito Fresh Fruit 100% Juice Variety of Milk	Golden French Toast Sticks Fresh Fruit 100% Juice Variety of Milk	Frosted Strawberry Poptart Fresh Fruit 100% Juice Variety of Milk	Hearty Potato & Egg Taco Fresh Fruit 100% Juice Variety of Milk	Sweet Banana Bread Fresh Fruit 100% Juice Variety of Milk
Hearty Egg & Potato Tacos Fresh Fruit 100% Juice Variety of Milk	Hot Chicken & Biscuit Fresh Fruit 100% Juice Variety of Milk			

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