

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Baked Penne Pasta (v) Chicken Strips and Waffle Diced Peaches Potato Wedges Variety of Milk
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4 Sloppy Joe on a Roll Alfredo Bake (v) Grapes Corn Variety of Milk	5 Cheddar Cheese Nachos (v) Beef and Cheese Nachos Chicken Patty Sandwich Banana Green Beans Variety of Milk	6 Turkey Bacon Club Sandwich Apple Baby carrots Variety of Milk	7 Hamburger / Cheeseburger Bean and Cheese Burrito (v) Whole Apple Herb Roasted Carrots Variety of Milk	8 Beef Soft Tacos Macaroni and Cheese (v) Canned Pineapple Vegetarian Baked Beans Variety of Milk
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11 Country Fried Steak Smothered Bean and Cheese Burrito (v) Applesauce Mashed Potatoes Variety of Milk	12 Beef and Cheese Nachos Cheddar Cheese Nachos (v) Grapes Charro Beans Variety of Milk	13 Twisted Cheese Breadstick (v) Chicken Patty Sandwich Mandarin Oranges Herb Roasted Carrots Variety of Milk	14 Baked Penne Pasta (v) Corn Dog Diced Peaches Mixed Vegetable Blend Variety of Milk	15 Chicken Nuggets Cheese Pizza (v) Banana Green Beans Variety of Milk
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18 Frito Chili Pie Cheese Enchiladas (v) Diced Pears Mexican Black Beans Variety of Milk	19 Macaroni and Cheese (v) Popcorn Chicken Banana Mixed Vegetable Blend Variety of Milk	20 Cheese Pizza (v) Peperoni Pizza Turkey and Cheese Sandwich Grapes Roasted Broccoli Variety of Milk	21 BBQ Pork Rib Sandwich Smothered Bean and Cheese Burrito (v) Canned Pineapple Herb Roasted Carrots Variety of Milk	22 Baked Penne Pasta (v) Turkey Dog Apple Green Beans Variety of Milk
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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 Breakfast Crumble (v) Froot Loops Cereal (v)
Breakfast Taco Banana Bread (v) Cocoa Puffs Cereal (v)	Cinnamon Glazed French Toast (v) Turkey Sausage Breakfast on a Bun Rice Krispie Cereal (v)	Strawberry Cream Cheese Bagel (v) Chicken on a Biscuit Froot Loops Cereal (v)	Double Berry Yogurt Parfait (v) Egg and Potato Taco (v) Cinnamon Toast Crunch Cereal (v)	Mini Pancake Bites (v) English Muffin Melt (v) Lucky Charms Cereal (v)
Turkey and Ham Breakfast on a Bun Donut with Icing (v) Rice Krispie Cereal (v)	Cheese Grits with Turkey Sausage Breakfast Crumble (v) Froot Loops Cereal (v)	Pancake on a Stick Strawberry Parfait (v) Cinnamon Toast Crunch Cereal (v)	Mini Cinnis (v) Egg and Cheese Biscuit (v) Lucky Charms Cereal (v)	Cherry Muffin (v) Turkey and Pork Breakfast Bites Cocoa Puffs Cereal (v)
Mini Cinnamon Waffle Bites (v) Breakfast Quesadilla Froot Loops cereal (v)	Breakfast Taco Strawberry Banana Parfait (v) Cinnamon Toast Crunch Cereal (v)	Banana Bread (v) Kolache Lucky Charms Cereal (v)	French Toast Sticks (v) Breakfast Burrito Cocoa Puffs Cereal (v)	Biscuit with Sausage and Gravy Frosted Strawberry Poptarts (v) Rice Krispie Cereal (v)

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.



Please look for these icons in your cafeteria.