

**MONDAY**

Available Daily:  
 5. Peanut Butter & Jelly Sandwich (V)  
 Carrot Snack Packs  
 Whole Fresh Fruit Offered Daily  
 Seasonal Local Produce  
 1% White Milk, Fat Free White Milk,  
 Fat Free Chocolate Milk, or Fat Free  
 Strawberry Milk

**TUESDAY**

Elementary Lunch Prices:  
 Full Price: \$2.65  
 Reduced Price: \$0.40  
 Milk: \$0.60

Menu Subject to Change

**WEDNESDAY**
**THURSDAY**
**FRIDAY**

1. French Bread Pepperoni Pizza
2. Grilled Cheese & Tomato Soup
3. Italian Sub
4. Pretzel Boat
- Steamed Green Beans
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 4

Menu subject to change

1. Brunch for Lunch: Pancakes & Sausage
2. Pizza Burger
3. Turkey & Cheese Sandwich
4. Honey Pear Cranberry Parfait (V)
- Tater Tots
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 5

1. Popcorn Chicken w/ Roll
2. Corn Dog
3. Turkey & Cheese Sandwich
4. Honey Pear Cranberry Parfait (V)
- Baked Beans
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- 100% Juice
- Choice of Milk
- Day 6

1. Chicken Patty Sandwich
2. Pasta w/ Meat Sauce & Roll
3. Turkey & Cheese Sandwich
4. Honey Pear Cranberry Parfait (V)
- Steamed Broccoli
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 1

1. Nachos Supreme
2. Grilled Ham & Cheese Sandwich
3. Turkey & Cheese Sandwich
4. Honey Pear Cranberry Parfait (V)
- Corn
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- 100% Juice
- Choice of Milk
- Day 2

1. Three Cheese Flatbread Pizza (V)
2. Fish Sticks w/ Dinner Roll
3. Turkey & Cheese Sandwich
4. Honey Pear Cranberry Parfait (V)
- Steamed Green Beans
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 3
- \*\*LUCKY TRAY DAY\*\*

1. Bacon Cheeseburger
2. Pepperoni and Cheese Mini Stromboli
3. Deli Bento Box
4. Turkey Club Salad w/ Roll
- Green Beans
- Spinach Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 4

1. Cheesy Dog
2. Chicken Tenders w/ Biscuit
3. Deli Bento Box
4. Turkey Club Salad w/ Roll
- Corn
- Spinach Side Salad
- Assorted Fresh & Canned Fruit
- 100% Juice
- Choice of Milk
- Day 5

1. Chicken Patty Sandwich
2. Crunchy Mac & Cheese w/ Roll (V)
3. Deli Bento Box
4. Turkey Club Salad w/ Roll
- Steamed Broccoli
- Spinach Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 6

1. Beef Soft Tacos
2. Chicken Nuggets w/ Roll
3. Deli Bento Box
4. Turkey Club Salad w/ Roll
- Southwest Black Beans
- Spinach Side Salad
- Assorted Fresh & Canned Fruit
- 100% Juice
- Choice of Milk
- Day 1

1. Galaxy Cheese Pizza (V)
2. Meatball Parm Sub
3. Deli Bento Box
4. Turkey Club Salad w/ Roll
- Steamed Carrots
- Spinach Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 2

1. Brunch for Lunch: French Toast Sticks & Sausage
2. Cheeseburger
3. Turkey & Cheese Sandwich
4. WW Bagel w/ Cheese & Yogurt (V)
- Tater Tots
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 3

1. Grilled Ham & Cheese Pretzelwich
2. Popcorn Chicken w/ Roll
3. Turkey & Cheese Sandwich
4. WW Bagel w/ Cheese & Yogurt (V)
- Corn
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- 100% Juice
- Choice of Milk
- Day 4

1. Teriyaki Beef Bites & Rice
2. Chicken Patty Sandwich
3. Turkey & Cheese Sandwich
4. WW Bagel w/ Cheese & Yogurt (V)
- Steamed Broccoli
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 5

1. Walking Nachos w/ Roll
2. Chicken Nuggets w/ Roll
3. Turkey & Cheese Sandwich
4. WW Bagel w/ Cheese & Yogurt (V)
- Refried Beans
- Romaine Side Salad
- 100% Juice
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 6

1. French Bread Cheese Pizza (V)
2. Corn Dog
3. Turkey & Cheese Sandwich
4. WW Bagel w/ Cheese & Yogurt (V)
- Celery Sticks
- Romaine Side Salad
- Assorted Fresh & Canned Fruit
- Choice of Milk
- Day 1

**25**

NO SCHOOL

**26**

NO SCHOOL

**27**

NO SCHOOL

**28**

NO SCHOOL

**29**

NO SCHOOL

## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12/1 Asst. Cereal/Grahams Bagel/Cream Cheese Sausage/Egg/Chz Biscuit Asst Fruit / Milk
12/4 Asst. Cereal/Grahams Yogurt/Grahams Ham/Egg/Chz on Bun Asst Fruit/Milk	12/5 Asst. Cereal/Grahams Bagel/Cream Cheese Sausage/Egg/Chz on Muffin Asst Fruit/Juice/Milk	12/6 Asst. Cereal/Grahams Banana Muffin/Grahams Breakfast Pizza Asst Fruit / Milk	12/7 Asst. Cereal/Grahams Mini Cinnamon Buns Bacon/Egg/Chz Bagel Asst Fruit/Juice/Milk	12/8 Asst. Cereal/Grahams Bagel/Cream Cheese Cinn Rush French Tst Asst Fruit / Milk
12/11 Asst. Cereal/Grahams Yogurt/Grahams Mini Maple Waffles Asst Fruit / Milk	12/12 Asst. Cereal/Grahams Choc Muffin/Grahams Ham/Egg/Chz on Muf- fin Asst Fruit/Juice/Milk	12/13 Asst. Cereal/Grahams Yogurt/Grahams Breakfast Pizza Asst Fruit / Milk	12/14 Asst. Cereal/Grahams Blubry Muffin/Grahams Sausage/Egg/Chz Bagel Asst Fruit/Juice/Milk	12/15 Asst. Cereal/Grahams Fruit/Yogurt Parfait Breakfast Taco Asst Fruit/Milk
12/18 Asst. Cereal/Grahams Fruit/Yogurt Parfait Bacon/Egg/Chz on Bun Asst Fruit/Milk	12/19 Asst. Cereal/Grahams Bagel/Cream Cheese Mini Maple Pancakes Asst Fruit/Juice/Milk	12/20 Asst. Cereal/Grahams Fruit/Yogurt Parfait Breakfast Pizza Asst Fruit/Milk	12/21 Asst. Cereal/Grahams Cherry Frudel Chz Omelet/Muffin Asst Fruit/Juice/Milk	12/22 Asst. Cereal/Grahams Blubry Muffin/Grahams French Tst Sticks Asst Fruit/Milk
12/25 NO SCHOOL	12/26 NO SCHOOL	12/27 NO SCHOOL	12/28 NO SCHOOL	12/29 NO SCHOOL

### Fresh Pick Recipe

#### CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
- 1 lb sausage, cooked and drained (optional)
- 1 tablespoon olive oil
- 1/2 cup onions, small dice
- 1/2 cup celery, sliced
- 1 medium apple, chopped
- 1 cup cranberries
- 1 teaspoon thyme
- 1 1/2 cups chicken broth
- salt and pepper, to taste

1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
3. Add apples and cranberries to the pan and sauté for 3 more minutes.
4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
5. Prepare all ingredients as directed and mix in a bowl.
6. With a slotted spoon, distribute the cranberry mixture on top.
7. Spoon enough of the broth onto the dish to moisten the cornbread.
8. Cover casserole dish and place in 350 degree oven for 30 minutes.

We will have a Lucky Tray Day on December 8th! Don't forget to check your tray for a sticker, and win a prize!! Check out our new menu additions this month: Three Cheese Flatbread Pizza and Honey Pear Cranberry Parfait at Lunch and Cheesy Omelet w/ English Muffin for Breakfast!

Did you Know that if your child gets a free or reduced price lunch, he or she also qualifies for a free/reduced breakfast?!

