

MONDAY

Select One Entrée: 2

1. Pancake w/ Sausage
2. Chicken Nugget w/ Roll
3. Chicken Caesar Salad
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Mixed Garden Vegetables or Tomato and Cucumber Salad

TUESDAY

3

**NO SCHOOL
Teacher Workday**

WEDNESDAY

4

Select One Entrée:

1. Pork Steak
2. Bacon Cheeseburger
3. Chicken Caesar Salad
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Mashed Potatoes or Baked Beans

THURSDAY

5

Select One Entrée:

1. Chicken Quesdilla
2. Vegetable Dumplings w/ Fried Rice
3. Chef Salad w/ Breadstick
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Roasted Broccoli or Bell Pepper Slices

FRIDAY

6

Select One Entrée:

1. Cheese Pizza
2. Drumstick w/ Biscuit
3. Chicken Caesar Salad
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Citrus Glazed Carrots or Side Salad

Tray Day! 9

National Chicken Sandwich day!

Select One Entrée:

1. Cheeseburger
2. Chicken Sandwich
3. Ham & Cheese Sandwich
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Sweet Potato Fries or Cucumbers

Select One Entrée: 10

1. Shoyu Chicken Potsticker Soup w/ Corn

2. Mozzarella Stuffed Breadstick
3. Ham & Cheese Sandwich
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Roasted Chickpeas or Side Salad

11

Select One Entrée:

1. Popcorn Chicken Bowl w/ Roll
2. Hot Dog
3. Chicken Caesar Salad w/ Breadstick
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Mashed Potatoes or Corn

12

Select One Entrée:

1. Breaded Drumstick w/ Roll
2. Indian Butter Chicken
3. Chicken Caesar Salad
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Roasted Cauliflower or Tomato and Cucumber salad

13

Select One Entrée:

1. Cheeseburger
2. Pepperoni Pizza
3. Ham & Cheese Sandwich
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Roasted Broccoli or Tomatoes

16

Select One Entrée:

1. Biscuit w/ Gravy and Scrambled Eggs
2. Cheeseburger
3. EZ Pizza Box
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Tater Tots or Garden Salad

17

Select One Entrée:

1. Shoyu Chicken Potsticker Soup w/ Corn
2. Chicken Nuggets w/ Roll
3. Crispy Chicken Salad
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Green beans or Cauliflower

18

Cookie Day! Select One Entrée:

1. Pork Steak
2. Baked Penne Pasta
3. EZ Pizza Box
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Mashed Potatoes or Blue Ribbon Slaw

19

Turkey Thursday! Select One Entrée:

1. Roasted Turkey Dinner w/ Stuffing & Roll
2. Sunbutter & Jelly Sandwich w/ Cheese Stick Mashed Potatoes or Green Beans
- Dessert: Baked Cinnamon Apples**

20

Select One Entrée:

1. Cheese Pizza
2. Chicken Taco
3. Turkey & Cheese Sandwich
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Roasted Broccoli or Celery Sticks

23

Select One Entrée:

1. Chicken Nugget w/ Pretzel
2. Breakfast Taco
3. Turkey & Cheese Sandwich
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Tater tots or Tomato and Cucumber Salad

24

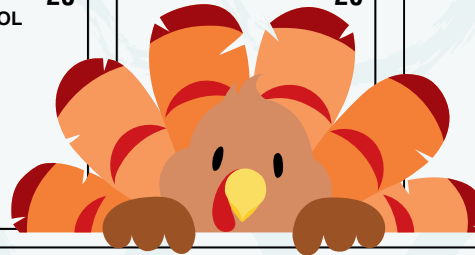
Select One Entrée:

1. Pumpkin Penne Alfredo
2. Cheeseburger
3. Chef Salad w/ Breadstick
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Green Beans or Side Salad

25

NO SCHOOL

26



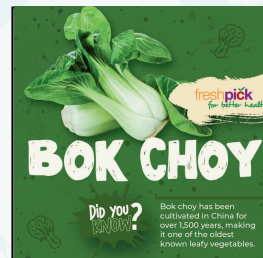
27

NO SCHOOL

30

Select One Entrée:

1. Chicken Nugget w/ Roll
2. Country Fried Steak
3. Crispy Chicken Wrap
4. Sunbutter & Jelly Sandwich w/ Cheese Stick Mashed Potatoes or Caesar Salad



DISH IT OUT!

Your feedback is the main course!



Your Feedback Matters!
Please take a minute to provide your feedback about school meals. We want to hear from you.
[Take our Survey Here!](#)

sodexo
AT SCHOOL

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.

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

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



Nutrition Information is available upon request.

