

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p><u>Grilled Cheese</u> <u>Beef Hot dog</u> Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>	<p>3</p> <p><u>Turkey Enchilada Casserole</u> <u>100% Mozzarella Cheese</u> <u>or Pepperoni Pizza</u> Ceasar Salad Celery Carrots Selection of Fruit</p>	<p>4</p> <p><u>Chicken Lo Mein</u> <u>Crispy Chicken Sandwich</u> Tossed Green Salad Cucumbers Carrots Beans Selection of Fruit</p>	<p>5</p> <p><u>Cheeseburger</u> <u>Hot Ham & Cheese Sub</u> Ceasar Salad Celery Carrots Beans Selection of Fruit</p>	<p>6</p> <p><u>Pork Pozole</u> NATIONAL NACHO DAY Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>
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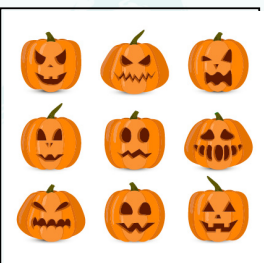
You must select a half cup of fruit or vegetables or combination of both with your meal. you must select one.

<p>9</p> <p><u>Chicken Tikka Masala w/Flat Bread</u> <u>Uncrustable w/String Cheese</u> Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>	<p>10</p> <p><u>Beef Nachos</u> <u>BBQ Chicken w/Roll</u> Ceasar Salad Celery Carrots Selection of Fruit</p>		<p>12</p> <p><u>Pesto Chicken Pasta w/Roll</u> <u>Pull Apart</u> Ceasar Salad Celery Carrots Beans Selection of Fruit</p>	<p>13</p> <p><u>Orange Chicken w/Rice</u> <u>Corn Dog</u> Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>
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We offer Fruit and Vegetables daily for your selection with your meal

<p>16</p> <p><u>Grilled Cheese</u> <u>Beef Hot Dog</u> Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>	<p>17</p> <p><u>Turkey Enchilada Casserole</u> <u>100% Mozzarella Cheeseor</u> <u>Pepperoni Pizza</u> Ceasar Salad Celery Carrots Beans Selection of Fruit</p>	<p>18</p> <p><u>Chicken Lo Mein</u> <u>Crispy Chicken Sandwich</u> Tossed Green Salad Cucumbers Corn Carrots Selection of Fruit</p>	<p>19</p> <p><u>Turkey & Gravy w/Mash Potatoes</u> <u>Hot Ham & Cheese Sub</u> Ceasar Salad Celery Carrots Beans Selection of Fruit</p>	<p>20</p> <p><u>Pork Pozole</u> <u>Chicken Tenders w/Roll</u> Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>
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Lunch includes choice of Nonfat Chocolate Milk and 1% Milk



<p>30</p> <p><u>Grilled Cheese</u> <u>Beef Hot Dog</u> Tossed Green Salad Cucumbers Carrots Corn Selection of Fruit</p>				
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Menu is Subject to Change

USDA is an equal opportunity provider, employer, and lender.

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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Includes Assorted fresh and Canned Fruit 1% Milk & Fat Free Chocolate Milk	Assorted Cereals Offered string Cheese or Graham Crackers	
Egg & Cheese Sandwich Banana Bread Served with Assorted Fruit	Pancake Wrap Pan Dulce Served With Assorted Fruit	Pancakes Chocolate Muffin Served with Assorted Fruit	Sausage & Egg Croissant Sandwich Donuts Served with Assorted Fruit	Pizza Breakfast Cinnamon Bun Served with Assorted Fruit
Egg & Cheese Sandwich Banana Bread Served with Assorted Fruit	Pancake Wrap Pan Dulce Served With Assorted Fruit	Pancakes Chocolate Muffin Served with Assorted Fruit	Sausage & Egg Croissant Sandwich Donuts Served with Assorted Fruit	Pizza Breakfast Cinnamon Bun Served with Assorted Fruit
Egg & Cheese Sandwich Banana Bread Served with Assorted Fruit	Pancake Wrap Pan Dulce Served With Assorted Fruit	Pancakes Chocolate Muffin Served with Assorted Fruit	Sausage & Egg Croissant Sandwich Donuts Served with Assorted Fruit	Pizza Breakfast Cinnamon Bun Served with Assorted Fruit

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber

All Student Meals are Offered at NO Charge
Adult Meal Prices
Breakfast \$5.00
Lunch \$7.00

Nutrition Information is available upon request.

