

### MONDAY



### TUESDAY

Breakfast Prices:  
Full Paid: \$1.75  
Reduced: \$.30  
Milk: \$.50  
Lunch Prices:  
Full Paid: \$ 2.85  
Reduced: \$.40  
Milk: \$.50

### WEDNESDAY

### THURSDAY

### FRIDAY

1

French Bread Pizza  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Green Pepper Strips  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

4

Pancakes w/Sausage  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Deli Bento Box  
Yogurt Boat  
Sweet Potato Bites  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

5

Poppin Popcorn Chicken w/Roll  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Deli Bento Box  
Yogurt Boat  
Serving Potato Smiles :)  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

6

Chicken Patty Sandwich  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Deli Bento Box  
Yogurt Boat  
Broccoli Bites  
Kale Tuscan Salad  
Fresh Fruit & Fruit Cup

7

Nachos Supreme  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Deli Bento Box  
Yogurt Boat  
Vegetarian Refried Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

8

Tony's Pizza  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Deli Bento Box  
Yogurt Boat  
Steamed Green Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

Menu Subject To Change.

11

Cheeseburger or Hamburger  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Slim Stix Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

12

Chicken in Basket w/Biscuit  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Potato Wedges  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

13

Macaroni & Cheese w/Breadstick  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Sautéed Spinach  
Colorful Collards  
Fresh Fruit & Fruit Cup

14

Hotdog on a Bun  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
BBQ Baked Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

15

Round Galaxy Pizza  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Healthy Hummus Bento Box  
Celery Sticks  
Hummus Dip  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

Questions or Concerns: Please email at [Jacqueline.wagner@sodexo.com](mailto:Jacqueline.wagner@sodexo.com)

18

French Toast Sticks w/Sausage  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Cinnamon Sweet Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

19

Chicken Nuggets w/Breadstick  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Serving Potato Smiles :)  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

20

Pasta w/Meatballs & Breadstick  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Broccoli Bites  
White House Salad  
Fresh Fruit & Fruit Cup

21

Walking Nachos w/Rice  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
BBQ Baked Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

22

Big Daddy Bold Pizza  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Cucumber Slices  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

25

Winter Recess

26

Winter Recess

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Winter Recess

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Winter Recess

29

Winter Recess



## 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](http://liftoffsplayground.com)

## BREAKFAST

**MONDAY:** Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Maple Pancakes

**WEDNESDAY:** Warm Whole Grain Mini Cinni Pastry

**THURSDAY:** Hot Mini Berry Waffles

**FRIDAY:** Whole Grain Muffin and Graham Crackers

## Fresh Pick Recipe

### BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



Happy December! Any comments or concerns with the breakfast and/or lunch program please do not hesitate to call Jacqueline Wagner- Sodexo at 732-531-5630 ext. 7091 or at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com)

To add money to your child's lunch account go to: [www.schoolcafe.com](http://www.schoolcafe.com) for online café payments.