

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

**MEATLESS MONDAY**  
Egg & Cheese Bagel Sandwich  
Turkey & Cheese Sub  
Garden Salad with cheese & roll  
Yogurt Bag  
Sweet Potato Wedges

**4**

Poppin' Popcorn Chicken  
Grilled Pretzel Melt  
Turkey & Cheese Sub  
Garden Salad with cheese & roll  
Yogurt Bag  
Baked French Fries

**5**

Rotini Pasta with Meatsauce & garlic breadstick  
Turkey & Cheese Sub  
Garden Salad with cheese & roll  
Yogurt Bag  
Sauteed Spinach

**6**

Nachos Supreme with Cheese & Salsa  
Turkey & Cheese Sub  
Garden Salad with cheese & roll  
Yogurt Bag  
Vegetarian Beans

**7**

Cheese Pizza  
Turkey & Cheese Sub  
Garden Salad with cheese & roll  
Yogurt Bag  
Cucumber Coins

Peanut Butter & Jelly available

**10**

**MEATLESS MONDAY**  
Mozzarella Sticks  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Egg & Muffin Bento Box  
Honey Glazed Carrots

**11**

Hot Dog Bar Creation Station  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Egg & Muffin Bento Box  
Waffle Fries

**12**

Old Fashioned Mac & Cheese with dinner roll  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Egg & Muffin Bento Box  
Steamed Broccoli

**13**

Twin Tacos with Rice & Cheese  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Egg & Muffin Bento Box  
Southwest Black Beans

**14**

Mini Personal Pizza  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Egg & Muffin Bento Box  
Steamed Green Beans

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

**17**

**Breakfast for Lunch**  
French Toast Sticks with Cheese  
Omelet  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Crinkle Cut Sweet Potato Fries

**18**

Pepperoni Pizza Pocket  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Smile Fries

**19**

Chicken Patty Sandwich  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Broccoli Dippers

**20**

Boneless Chicken Bites with Soft Pretzel Stick  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Homestyle Baked Beans

**21**

Big Daddy's Pizza  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
Cheese & Pretzel Goldfish Boat  
Cucumber Coins

**24**

**WINTER BREAK**

**25**

**WINTER BREAK**

**26**

**WINTER BREAK**

**27**

**WINTER BREAK**

**28**

**WINTER BREAK**



Winter Break

**Breakfast Prices:**  
Full Paid: \$1.75  
Reduced: \$0.30  
Milk: \$.50  
**Lunch Prices:**  
Full Paid: \$2.75  
Reduced: \$.40  
Milk: \$.50



Menu Subject to Change

This institution is an equal opportunity provider.

## 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

**All Breakfast are Whole Grain Rich and Reduced Sugar  
All Breakfast come with Fruit and Reduced Fat Milk**

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

**TUESDAY: Hot Mini Maple Pancakes**

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

**THURSDAY: Assorted Breakfast Benefit Bars**

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

## Fresh Pick Recipe

LEMONY RICE WITH RAISINS

- 1 tablespoon olive oil
- 1/2 cup onion, small dice
- 1/4 cup celery, medium dice
- 2 cups rice (basmati or aromatic rice preferred)
- 4 cups chicken broth
- 1 tablespoon lemon juice
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- salt and pepper to taste
- 3/4 cup raisins
- 2 tablespoons fresh parsley

1. Prepare ingredients as directed.
2. In medium pan, sauté the onion and celery in the olive oil for 2 minutes.
3. Add remaining ingredients except for the raisins.
4. Bring rice to a boil, cover and reduce heat to low for 20 minutes.
5. When rice is done cooking, fluff the rice with a fork and stir in the raisins.
6. Sprinkle the rice with parsley and serve.



Happy December! Any concerns and comments please call the Café Office at 732-531-5630 ext 7090 or [Jacqueline.wagner@sodexo.com](mailto:Jacqueline.wagner@sodexo.com)



Nutrition Information is available upon request.

