

### MONDAY

All reimbursable meals include choice of entree, fruit, juice, and milk (1%, skim, or flavored skim)

### TUESDAY

**MEAL REQUIREMENTS**  
**Must select at least 3 of the 5 offered components:**  
 Meat/Meat Alternative; Grain; Veggie; Fruit; Milk  
**ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!**

### WEDNESDAY

Seasonal Garden Bar includes seasonal fruit, vegetables, and garden salad.

Monday: Baby Carrots  
 Tuesday: Cucumber Slices  
 Wednesday: Bean Salad  
 Thursday: Broccoli Florets  
 Friday: Corn Niblets

### THURSDAY

### FRIDAY

**1**

1. Cheese Pizza  
 2. Grilled Cheese

3. Chef's Salad w/Flatbread  
 4. Yogurt Grab n Go

Mixed Vegetables

**4**

1. Pretzel Cheeseburger  
 2. Baked Penne w/Garlic bread

3. EZ Pizza Bento  
 4. Italian Sub

Seasoned Carrots

**5**

1. Beef Nachos  
 2. Chicken Nuggets w/Roll

3. EZ Pizza Bento Box  
 4. Italian Sub

Green Peas

**6**

1. Philly Cheesesteak  
 2. Cheese Quesadilla

3. EZ Pizza Bento  
 3. Italian Sub

Sautéed Peppers & Onions

**7**

NJEA CONVENTION

**8**

NJEA CONVENTION

**11**

1. Cheese Stuffed Breadsticks with Marinara  
 2. All American Cheeseburger

3. Crispy Chicken Salad w/Roll  
 4. Turkey Ham & Cheese Sandwich

Crispy French Fries

**12**

1. Taco Tuesday: Chicken Fajita Tacos Spanish Rice  
 2. Grilled Cheese Pretzel Sandwich

3. Crispy Chicken Salad w/Roll  
 4. Turkey Ham & Cheese Sandwich

Green Beans

**13**

1. Homestyle Mac & Cheese  
 2. Chicken Fried Rice with Crispy Egg Roll

3. Crispy Chicken Salad w/Roll  
 4. Turkey Ham & Cheese Sandwich

Roasted Carrots

**14**

1. Chicken & Waffle  
 2. Loaded Broccoli & Cheese Baked Potato

3. Crispy Chicken Salad w/Roll  
 4. Turkey Ham & Cheese Sandwich

Sweet Green Peas

**15**

1. Cheese/Pepperoni Pizza  
 2. Chicken Bacon Ranch Sandwich w/ LTO on side

3. Crispy Chicken Salad w/Roll  
 4. Turkey Ham & Cheese Sandwich

Roasted sweet Potatoes

**18**

1. Chicken Tenders with Dinner roll  
 2. Mac & Cheese with Breadsticks

3. Turkey & Cheese Sandwich  
 4. Yogurt & Bagel Box

Mixed Vegetables

**19**

1. Beef Burrito  
 2. Chicken Patty Sandwich

3. Turkey & Cheese Sandwich  
 4. Yogurt & Bagel Box

Sofrito Black Beans

**20**

1. Breakfast for Lunch Pancakes with (2) Turkey sausage  
 2. Ham & Cheese Waffle Melt

3. Turkey & Cheese Sandwich  
 4. Yogurt & Bagel Box

Sweet Potato Fries

**21**

1. Chicken & Veg Egg Roll Vegetable Fried Rice  
 2. Popcorn Chicken Bowl w/ mashed potato & Corn

3. Turkey & Cheese Sandwich  
 4. Yogurt & Bagel Box

Sweet Golden Corn

**22**

1. French Bread Pizza  
 2. Beefy Cheesy Pasta

3. Turkey & Cheese Sandwich  
 4. Yogurt & Bagel Box

Roasted Broccoli

**25**

1. Hot Diggity Dog  
 2. Vegetable Potstickers

3. Fruit & Yogurt Parfait (16oz)  
 4. Chicken Caesar Wrap

Sweet Potato Fries

**26**

1. Taco Tuesday: Soft Beef taco w/ Spanish Rice  
 2. Spaghetti & Meatsauce

3. Fruit & Yogurt Parfait (16oz)  
 4. Chicken Caesar Wrap

Golden Corn

**27**

1. Cheese Pizza  
 2. Chicken Tenders w/soft Pretzel

3. Fruit & Yogurt Parfait (16oz)  
 4. Chicken Caesar wrap

Tater Tots

**28**

THANKSGIVING RECESS





## 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.

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

## 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

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

MENU SUBJECT TO CHANGE

Nutrition Information is available upon request.