



MONDAY

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

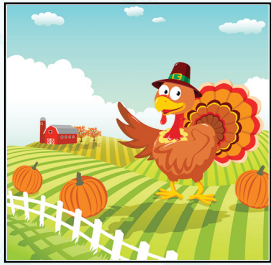
TUESDAY

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

WEDNESDAY

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!

THURSDAY



FRIDAY

1
 1.Grilled Cheese Sandwich
 2.Cheese Pizza
 3.Chef's Salad w/Flatbread
 4.Turkey Club Sandwich
 Mixed Vegetables



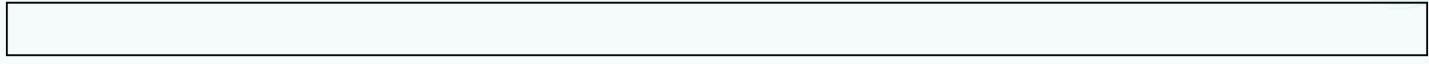
4
 1.Baked Penne w/Garlic bread
 2.Pepperoni Pizza
 3.EZ Pizza Bento
 4. Italian Sub
 Seasoned Carrots

5
 1.Beef Nachos
 2.Sausage Pizza
 3.EZ Pizza Bento
 4.Italian Sub
 Green Peas

6
 1.Philly Cheesesteak
 2.Meatlovers Pizza
 3.EZ Pizza Bento
 3.Italian Sub
 Sautéed Peppers & Onions

7
 NJEA CONVENTION

8
 NJEA CONVENTION



11
 1.All American Cheeseburger
 2.Pepperoni Pizza
 3.Crispy Chicken Salad w/dinner roll
 4.Turkey Ham & Cheese Sandwich
 Crispy French Fries

12
 1 Grilled Cheese Pretzel Sandwich
 2.Pepperoni Pizza
 3.Crispy Chicken Salad w/roll
 4.Turkey Ham & Cheese Sandwich
 Green Beans

13
 1.Homestyle Mac & Cheese
 2.Sausage Pizza
 3. Crispy Chicken Salad w/Roll
 4.Turkey Ham & Cheese Sandwich
 Roasted Carrots

14
 1.Chicken Tenders & Waffle
 2.Cheese Pizza
 3. Crispy Chicken Salad w/Roll
 4. Turkey Ham & Cheese Sandwich
 Steamed Broccoli

15
 1.Chicken Bacon Ranch Sandwich w/ LTO on side
 2.Pepperoni Pizza
 3.Crispy Chicken Salad w/Roll
 4. Turkey Ham & Cheese Sandwich
 Roasted sweet Potatoes



18
 1. Mac & Cheese with Breadsticks
 2.Pepperoni Pizza
 3.Turkey & Cheese Sandwich
 4.Deli Stackers Bento
 Mixed Vegetables

19
 1.Chicken Patty Sandwich
 2.Cheese Pizza
 3.Turkey & Cheese Sandwich
 4.Deli Stackers Bento
 Sofrito Black Beans

20
 1.Breakfast for Lunch Pancakes with (2)Turkey sausage
 2. Margherita Pizza
 3.Turkey & Cheese Sandwich
 4.Deli Stackers Bento
 Tater Tots

21
 1. Popcorn Chicken Bowl w/ mashed potato & Corn
 2. Cheese Pizza
 3.Turkey & Cheese Sandwich
 4.Deli Stackers Bento
 Sweet Golden Corn

22
 1.Beefy Cheesy Pasta
 2. French Bread Pizza
 3.Turkey & Cheese Sandwich
 4.Deli Stackers Bento
 Roasted Broccoli



25
 1.Vegetable Potstickers
 2.Cheese Pizza
 3.Chicken Caesar Salad
 4.Chicken Caesar Wrap
 Sweet Potato Fries

26
 1.Taco Tuesday: Soft Beef taco w/ Spanish Rice
 2.Cheese Pizza
 3.Chicken Caesar Salad
 4. Chicken Caesar Wrap
 Golden Corn

27
 1.Chicken Tenders w/soft Pretzel
 2.Cheese Pizza
 3.Chicken Caesar Salad
 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.

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.