

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

**2**



**4**

**5**

**8**  
Super Veggie Macaroni & Cheese w/Wheat Dinner Roll  
Honey BBQ Chicken Sandwich,  
Turkey Ham Sub with Chs WG Bun  
Grilled Savory Chicken Dipper Salad w/Wheat Dinner Roll  
Spinach Salad Mix, Baby Carrots, Southwest Pinto Beans, Cucumber Slices, Tomatoes, Fresh Apples, Peaches

**9**  
Italian Turkey Sausage Pizza, Classic Cheese Pizza  
Southern BBQ Chicken Wrap, Chicken Salad Sandwich on Whole Grain Bread, Garden Salad Mix, Baby Carrots, Southwest Pinto Beans, Jicama & Cucumber Salad, Diced Tomatoes, Bananas, Orange Smiles

**10**  
Zesty Chipotle Barbecue Meatloaf with Mashed Potatoes  
Juicy Bistro Burger, Garden Sub with American Cheese on WG Roll, Asian Chicken Salad with Mandarin Oranges & Sesame Roll, Spinach Salad Mix, Mo-Rockin' Slaw, Southwest Pinto Beans, Cucumber Slices, Tomato Basil Salad, Fresh Apples, Dried Cranberries

**11**  
Southwest Black Bean Nachos, Caprese Turkey Burger  
American Sub with Turkey Ham & American Cheese on WG Roll  
Chicken Caesar Salad with Romaine & Shredded Parmesan, Wheat Roll, Garden Salad Mix, Baby Carrots, Southwest Pinto Beans, Jicama & Cucumber Salad, Diced Tomatoes, Bananas, Orange Smiles

**12**  
"Breakfast for Lunch Bagel Sandwich with Turkey Ham, Egg and Cheese"  
Orange Juice, Double Bean Enchilada, Tender Chicken, Tom & Celery Salad Wrap, Southwest Salad with Mexican Chicken, Wheat Roll, Spinach Salad Mix, Mo-Rockin' Slaw, Southwest Pinto Beans, Cucumber Slices, Tomato Basil Salad, Fresh Apples, Mixed Fruit

Avg Nutrients Cals... 606 Sodium. 1109 mg T.Fat 19.1g 28.3%Cal

**15**  
Classic Roasted Turkey & Gravy with Mashed Potatoes, Wheat Dinner Roll, Traditional Hamburger with Green Leaf Lettuce, Zesty Italian Sub, Hoppin' John Salad w Cilantro Lime Rice, Spinach Salad Mix, Baby Carrots, Indian Style Garbanzo Beans, Cucumber Slices, Diced Tomatoes, Fresh Apples, Chilled Pears

**16**  
Jamaican Jerk Chicken Bowl w Brown Rice Cinnamon Wheel, Hot Turkey Ham & Cheese Sandwich, American Sub with Turkey Ham & American Cheese on WG, Crispy Spinach Salad with Egg, Garbanzo Beans, Tomatoes & Carrots, Roll, Caesar Salad Mix, Baby Carrots, Indian Style Garbanzo Beans, Aztec Corn, Diced Tomatoes, Bananas, Orange Smiles

**17**  
Grilled Tender Chicken with WG Waffle Squares, Collard Greens, Sudanese Meat Sauce, Brown Rice, Sunny Apple Sandwich, Classic Chef Salad with Hard Boiled Egg & Shredded Cheddar Cheese, Roll Spinach Salad Mix, Baby Carrots, Indian Style Garbanzo Beans, Cucumber Slices, Roasted Butternut Squash, Apples, Honeydew

**18**  
Hawaiian Style Pizza, Classic Cheese Pizza, Turkey & American Cheese Soft Tortilla with Spinach & Ranch Dressing  
Bruchetta Bean Dip with Stone Ground Tortilla Chips, Caesar Salad Mix, Baby Carrots, Indian Style Garbanzo Beans Aztec Corn, Diced Tomatoes, Bananas, Orange Smiles

**19**  
Homestyle Scrambled Eggs with Pancakes, Warm Cinnamon Apples, Homemade Twisted Turkey Dog, Turkey Ham Sub with Cheese on WG, Spinach Wrap with Vegetables & Yogurt Cucumber Sauce, Roll, Spinach Salad Mix, Baby Carrots, Indian Style Garbanzo Beans, Cucumber Slices, Roasted Butternut Squash, Apples, Fruit Salad

Avg Nutrients Cals... 565 Sodium. 945 mg T.Fat 18.8g 30.0%Cal

**22**  
Mini Cheese Stuffed Ravioli with Marinara Sauce, Wheat Dinner Roll, Deluxe Cheeseburger, Turkey Ham Sub with Cheese on Whole Grain Roll, Grilled Savory Chicken Dipper Salad, Wheat Dinner Roll, Spinach Salad Mix, Baby Carrots, White Bean & Jicama Salad, Cucumber Slices, Diced Tomatoes, Fresh Apples, Applesauce

**23**  
Italian Turkey Sausage Pizza Classic Cheese Pizza  
Roasted Turkey on Whole Grain Roll Chicken Caesar Salad with Romaine & Shredded Parmesan  
Super Salad Mix, Baby Carrots, White Bean & Jicama Salad, Asian Slaw, Diced Tomatoes, Bananas, Orange Smiles

**24**  
Jamaican Chicken Quesadilla, Grilled Sunbutter & Banana Sandwich, Turkey & American Cheese Soft Tortilla with Spinach & Ranch Dressing, Pumpkin Apple Spice Parfait, Roll, Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad, Cucumber Slices, Tomato Basil Salad, Fresh Apples, Chilled Apricots

**25**  
Tangy Barbecue Chicken with Cuban style Brown Rice Cinnamon Wheel, SW Black Bean Nachos, Chicken Caes Salad Wrap on Soft WG Tortilla Chef Salad with Hard Boiled Egg & Shredded Cheddar Cheese, Roll, Super Salad Mix, Baby Carrots, White Bean & Jicama Salad, Asian Slaw, Diced Tomatoes, Bananas, Orange Smiles

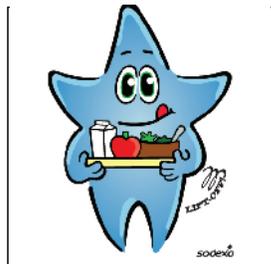
**26**  
Spaghetti with Tuscan Meatballs, Turkey Cranberry Burger, Creamy Tuna Salad with Celery  
Hearty Garden Salad with Hard Boiled Eggs, Cheese & Garbanzo Beans, Roll  
Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad, Cucumber Slices, Tomato Basil Salad, Fresh Apples, Mixed Fruit Salad

Avg Nutrients Cals... 554 Sodium. 907 mg T.Fat 17.8g 28.9%Cal

**29**  
Toasted Grilled Cheese, Spicy Chipotle Chicken Breast Burger, American Sub with Turkey Ham & American Cheese on Whole Grain Roll, Grilled Savory Chicken Dipper Salad, Wheat Dinner Roll Spinach Salad Mix, Baby Carrots, Curried Chickpeas, Cucumber Slices, Diced Tomatoes, Fresh Apples, Chilled Pineapple

**30**  
Baked Penne with Creamy Tomato Sauce, Roll, Alaskan Pollock Po' Boy Sub, Asian Chicken Wrap with Mandarin Oranges & Sesame, Roasted Turkey on Whole Grain Roll, Caesar Salad Mix, Baby Carrots, Curried Chickpeas, Roasted Corn, Diced Tomatoes, Bananas, Orange Smiles

**31**  
Hawaiian style Pizza, Classic Cheese Pizza  
Thanksgiving Wrap with Turkey & Cranberry  
Grilled Savory Chicken Dipper Salad, Wheat Dinner Roll Spinach Salad Mix, Korean Carrots, Curried Chickpeas, Cucumber Slices, Roasted Butternut Squash, Fresh Apples, Raisins



Avg Nutrients Cals... 579 Sodium. 1097 mg T.Fat 20.5g 31.9%Cal

## Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all foods groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

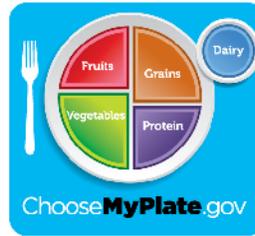
[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

## Build Your Plate the Balanced Way

When building your dinner plate at home, try using the image on the right to build your plate the balanced way.

- Start with the fruits and vegetables. Fill at least 50% of your plate with fruits and vegetables. Focus on non-starchy vegetables that are high in water content and fiber such as dark leafy green vegetables, carrots, cucumber, orange wedges and grapes.
- Add fiber-rich grains or starchy vegetables to your plate. Position whole grain rice, pasta, or breads and/or starchy vegetables such as corn, beans, peas and potatoes on 25% of your plate.
- Portion the protein-rich foods on the remaining 25% of the plate. Select lean protein foods such as fish (not fried), chicken or turkey (white meat, without skin), beans and lentils, eggs, low fat dairy, nuts, and lean cuts of pork or beef (round and loin cuts are leanest).
- Finally, pour yourself a glass of 1% or non-fat milk, soy milk, or water to accompany your balanced meal.

Designing your plate consistent with the ChooseMyPlate image helps you focus on foods that fill you up, that are rich in nutrients and contain fewer calories. You actually end up eating more for fewer calories. It's so easy! You can eat a balanced meal whether you are at home, in school or in a restaurant. Just remember 50% fruits and vegetables, 25% wholesome grains and 25% lean protein.



## 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.

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/>

