

MONDAY

All lunches include a choice of milk
(Skim, 1%, Fat Free Chocolate)

TUESDAY

Questions about the menu contact:
Ms. Tuhez
732-987-6525

WEDNESDAY

Menu Subject to Change

THURSDAY



FRIDAY

French Bread Pizza
Italian Sub
Southern Style Crispy
Chicken Salad w/corn muffin
Parmesan Green Beans
Fruit Cup

1

4

New Item!
Cheesy Garlic Flatbread
Turkey & Cheese Sub
Garden Salad w/Cheese
& a Roll
Chilled Chick Peas
Fruit Cup

5

Poppin Popcorn Chicken
with Dinner Roll
Turkey & Cheese Sub
Garden Salad w/Cheese
& a Roll
Golden Corn
Fruit Cup

6

Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad w/Cheese
& a Roll
Caesar Side Salad
Fruit Cup

7

Cold Lunch Day
Bagel Bag Lunch
Celery Sticks
Fruit Cup

8

Cold Lunch Day
PB & J
Uncrustable Bag
Carrot Sticks
Fruit Cup

11

School Closed

12

Hot Diggity Dog
Ham & Cheese Sub
Turkey Club Salad
Baked Beans
Fruit Cup

13

Chicken Parm Sandwich
Ham & Cheese Sub
Turkey Club Salad
Romaine Tossed Salad
Fruit Cup

14

Pulled BBQ Sandwich
Ham & Cheese Sub
Turkey Club Salad
Carrot Sticks
Fruit Cup

15

Mini Personal Pizza
Ham & Cheese Sub
Turkey Club Salad
Steamed Green Beans
Fruit Cup

18

All American Cheeseburger
Tuna Sub
Chicken Caesar Salad with Roll
Glazed Carrots
Fruit Cup

19

Pepperoni Pizza Pocket
Tuna Sub
Chicken Caesar Salad with Roll
Steamed Broccoli
Fruit Cup

20

Beef & Bean Burrito
Tuna Sub
Chicken Caesar Salad with Roll
Black Beans
Fruit Cup

21

Boneless Chicken Bites
with Soft Pretzel Stick
Tuna Sub
Chicken Caesar Salad with Roll
Emoji Fries
Fruit Cup

22

French Bread Pizza
Tuna Sub
Chicken Caesar Salad with Roll
Italian Roasted Zucchini
Fruit Cup

25

Pretzel Cheeseburger
Turkey Club Sandwich
Fiesta Salad
w/Tortilla Chips
Carrot Sticks
Fruit Cup

26

Chicken Patty
Turkey Club Sandwich
Fiesta Salad
w/Tortilla Chips
Celery Sticks
Fruit Cup

27

Corn Dog Nuggets
Turkey Club Sandwich
Fiesta Salad
w/Tortilla Chips
Romaine Salad
Fruit Cup

28

Happy Thanksgiving!
School Closed

29

School Closed

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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Banana Muffin w/ Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice
Fruit Loops Cereal Pouch with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	Cherry Frudel Milk Fresh Fruit and/or 100% Fruit Juice	Strawberry Nutri-grain Bar with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	French Toast Crunchmania Milk Fresh Fruit and/or 100% Fruit Juice	Apple Cinnamon Cheerio Bar w/Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice
School Closed	Pillsbury Chocolate Filled Crescent Milk Fresh Fruit and/or 100% Fruit Juice	Berry Krispie Bar with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	Cinnamon Toast Crunch Cereal Bar with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	Blueberry Muffin with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice
Cocoa Krispie Cereal Bar w/Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	Pillsbury Mini Cinnamon Buns Milk Fresh Fruit and/or 100% Fruit Juice	Cinnamon Toast Crunch Cereal Pouch with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	Apple Frudel Milk Fresh Fruit and/or 100% Fruit Juice	Benefit Bar Banana Chocolate Milk Fresh Fruit and/or 100% Fruit Juice
Cinnamon Bun Crunchmania Milk Fresh Fruit and/or 100% Fruit Juice	Corn Muffin with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	Apple Nutri-grain Bar with Graham Crackers Milk Fresh Fruit and/or 100% Fruit Juice	School Closed	School Closed

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
 - 2 tablespoons olive oil
 - 1 1/2 tablespoons lemon juice
 - 1/4 cup fresh parsley, sliced
 - 1 cup nonfat sour cream
 - 1 1/2 tablespoon chives, chopped small
 - sea salt and pepper
1. Boil potatoes in pan of water until tender and drain.
 2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
 3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
 4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
 5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
 6. Remove potatoes from the oven and sprinkle with the parsley.
 7. Mix the chives with the sour cream and serve on the side.



Questions about the menu, please contact Ms. Tuche at: 732-978-6525

Nutrition Information is available upon request.

