

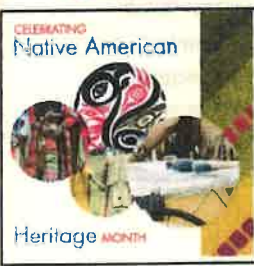
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



CELEBRATING Native American Heritage MONTH



NACHOS

**BREAKFAST INCLUDES:
CHOICE OF DAILY ENTREE
OR HOT OR COLD CEREAL
W/TOAST OR CHEESE STICK
AND VARIETY OF
FRUITS AND MILK**

**NUTRITION SERVICES IS SEEKING
PART TIME HELP
3.5 HOURS PER DAY
FOR MORE INFORMATION PLEASE
CALL
503 759-7478**

1
Breakfast:
WG Cinnamon Roll
Lunch:
Chicken Quesadilla
Hamburger or Cheeseburger
Seed/Nut Butter Sandwich on WW
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

4
Breakfast:
Pancake on a Stick
Lunch:
Hot Ham & Cheese Sandwich
Chicken Burger
Turkey & Cheese Sandwich
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

5
Breakfast:
Hearty Biscuits & Gravy
Lunch: Vote & Be Heard!
Homemade Chicken Pot Pie
Baked Pepperoni or Cheese Pizza
Tuna Sub
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk

6
Breakfast:
Ham & Cheese Muffin Sandwich
Lunch: One Day Fun Day!
National Nacho Day
Walking Nachos
Beef & Cheese Nachos
Bean & Cheese Nachos
or
All American Sub
Includes Fruits, Vegetables & Milk

7
Breakfast:
Mini Maple Waffles
Lunch:
BBQ Pork on a Bun
Baked Taco or Cheese Pizza
Italian Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

8
Breakfast:
WG Cinnamon Roll
Lunch:
Soft Chicken Taco
Cheeseburger or Hamburger
Seed/Nut Butter & Jelly Sandwich
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk



REMEMBER OUR VETERANS

12
NO SCHOOL

13
World Kindness Day!
Breakfast:
Scrambled Eggs and Toast
Lunch:
Cheesy Breadsticks w/Marinara
Chicken Nuggets w/WG Roll
Seed/Nut Butter & Jelly Sandwich
Beef Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

14
Breakfast:
Blueberry Bagel with Cream Cheese
Lunch:
Grilled Cheese with Tomato Soup
Baked Sausage or Cheese Pizza
Tuna Sub
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

15
Breakfast:
WG Cinnamon Roll
Lunch:
Fish Sticks & Chips
Cheeseburger or Hamburger
Ham & Cheese Sandwich
Lift-Off Salad w/WG Roll
Includes Fruits, Vegetables & Milk

18
Breakfast:
Pancake on a Stick
Lunch:
Soft Pretzel w/Cheese Sauce
Chicken Burger
Turkey & Cheese Sandwich
Chef Salad w/WG Roll
Includes Fruits, Vegetables & Milk

19
Breakfast:
Apple Frudel
Lunch:
Korean BBQ Meatballs over Rice
Baked Pepperoni or Cheese Pizza
Italian Sub
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

20
Breakfast:
Ham & Cheese Muffin Sandwich
Lunch:
Bean & Cheese Nachos
Chicken Nuggets w/WG Roll
Ham & Cheese Sandwich
Chicken Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

21
Breakfast:
Pancakes with Syrup
Lunch:
Teriyaki Chicken over Rice
Baked Supreme or Cheese Pizza
Italian Sub
Poppin' Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

22
Breakfast:
WG Cinnamon Roll
Lunch:
Baked WG Corndog
Cheeseburger or Hamburger
Seed/Nut Butter & Jelly Sandwich
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

25
Breakfast:
Sausage Breakfast Pizza
Lunch:
Golden Chicken & Waffles
Chicken Burger
American Sandwich
Chicken Caesar Salad w/WG Roll
Includes Fruits, Vegetables & Milk

26
Breakfast:
Warm Pancake Bites
Lunch:
Taco Burger
Baked Pepperoni or Cheese Pizza
Chicken Salad Sub
Peppi Pizza Salad w/WG Roll
Includes Fruits, Vegetables & Milk
Cookie Day

27
NO SCHOOL




HOLIDAY MEAL

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.

lilofplayground.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

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ¼ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.50 MIDDLE SCHOOL \$1.75
HIGH SCHOOL \$1.75
LUNCH: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.50 MIDDLE SCHOOL \$3.00
HIGH SCHOOL \$3.25

INVEST IN YOUR STUDENT'S LONG TERM HEALTH -
PURCHASE SCHOOL MEALS!

Nutrition Information is available upon request.