

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<p><b>2</b></p> <p>NO SCHOOL</p>	<p><b>3</b></p> <p><b>Breakfast:</b> Chocolate Chip Breakfast Round <b>Lunch:</b> Bean &amp; Cheese Burrito Baked Pepperoni or Cheese Pizza Seed/Nut Butter &amp; Jelly Sandwich Chicken Caesar Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>4</b></p> <p><b>Breakfast:</b> Golden Waffles <b>Lunch:</b> Hot Dog on WG Bun Chicken Nuggels w/WG Roll Ham &amp; Cheese Sandwich Chicken Taco Salad w/Tortilla Chips <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>5</b></p> <p><b>Breakfast:</b> Scrambled Eggs w/Toast <b>Lunch:</b> Grilled Cheese with Tomato Soup Baked Chicken Ranch or Cheese Pizza Tuna Salad Sub Poppin' Chicken Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>6</b></p> <p><b>Breakfast:</b> WG Cinnamon Roll <b>Lunch:</b> Chicken Quesadilla Hamburger or Cheeseburger Italian Sub Peppi Pizza Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>
<p><b>9</b></p> <p><b>Breakfast:</b> Pancake on a Stick <b>Lunch:</b> Beef &amp; Cheese Nachos Chicken Burger Ham &amp; Cheese Sandwich Chef Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>10</b></p> <p><b>Breakfast:</b> Hearty Biscuit &amp; Gravy <b>Lunch: One Day Fun Day!</b> Indoor BBQ Hamburger or Cheeseburger Hot Dogs French Fries or Tuna Sub <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>11</b></p> <p><b>Breakfast:</b> Ham &amp; Cheese Muffin Sandwich <b>Lunch:</b> Cheesy Breadsticks w/Marinara Chicken Nuggels with WG/Roll Combo Munchable Beef Taco Salad w/Tortilla Chips <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>12</b></p> <p><b>Breakfast:</b> Mini Maple Waffles <b>Lunch:</b> BBQ Pork on a Bun Baked Taco or Cheese Pizza Italian Sub Crispy Chicken Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>13</b></p> <p><b>Breakfast:</b> WG Cinnamon Roll <b>Lunch:</b> Soft Chicken Taco Cheeseburger or Hamburger Seed/Nut Butter &amp; Jelly Sandwich Chicken Caesar Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>
<p><b>16</b></p> <p><b>Breakfast:</b> Golden Waffles <b>Lunch:</b> BBQ Chicken or Cheese Flatbread Chicken Burger American Sandwich Chicken Caesar Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>17</b></p> <p><b>Breakfast: National Maple Syrup Day Celebration!</b> French Toast Sticks <b>Lunch:</b> Golden Chicken &amp; Waffles Baked Pepperoni or Cheese Pizza Ham &amp; Cheese Sub Peppi Pizza Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>18</b></p> <p><b>Breakfast:</b> Scrambled Eggs w/Toast <b>Lunch:</b> Walking Nachos Chicken Nuggels w/WG Roll Seed/Nut Butter &amp; Jelly Sandwich Beef Taco Salad w/Tortilla Chips <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>19</b></p> <p><b>Breakfast:</b> Breakfast Burrito <b>Lunch:</b> Grilled Cheese with Tomato Soup Baked Sausage or Cheese Pizza Tuna Sub Crispy Chicken Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i></p>	<p><b>20</b></p> <p><b>Breakfast:</b> WG Cinnamon Roll <b>Lunch:</b> Fish Sticks &amp; Chips Cheeseburger or Hamburger Ham &amp; Cheese Sandwich Lift-Off Salad w/WG Roll <i>Includes Fruits, Vegetables &amp; Milk</i> <b>COOKIE DAY</b></p>
<p><b>23</b></p> <p>Winter Vacation No School</p>	<p><b>24</b></p> <p>Wishing you a Wonderful Holiday Season!</p>	<p><b>25</b></p> <p>Winter Vacation No School</p>	<p><b>26</b></p> <p>Winter Vacation No School</p>	<p><b>27</b></p> <p>Winter Vacation No School</p>
			<p><b>BREAKFAST INCLUDES:</b> CHOICE OF DAILY ENTREE OR HOT OR COLD CEREAL AND VARIETY OF FRUITS AND MILK</p>	

## Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 + 8 rule to help make student health and achievement part of your family's routine.



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

## The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as an adult's, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

### 3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

### 7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

### 12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: WebMD Feature: "How Much Sleep Do Children Need?"

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

### CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
- 1 lb sausage, cooked and drained (optional)
- 1 tablespoon olive oil
- 1/2 cup onions, small dice
- 1/2 cup celery, sliced
- 1 medium apple, chopped
- 1 cup cranberries
- 1 teaspoon thyme
- 1 1/2 cups chicken broth
- salt and pepper, to taste

1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
3. Add apples and cranberries to the pan and sauté for 3 more minutes.
4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
5. Prepare all ingredients as directed and mix in a bowl.
6. With a slotted spoon, distribute the cranberry mixture on top.
7. Spoon enough of the broth onto the dish to moisten the cornbread.
8. Cover casserole dish and place in 350 degree oven for 30 minutes.

### 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.