

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Macaroni and Cheese (v)
Diced Peaches
Green Beans (v)
1% Milk

3

Combo Sub Sandwich
Apple
Baby Carrots
1% Milk

4

Chicken Fried Steak
Applesauce
Potato Wedges (v)
1% Milk

5

Pasta Alfredo Bake (v)
Diced Peaches
Herb Roasted Carrots (v)
1% Milk

6

Sloppy Joe on a Roll
Mandarin Oranges
Vegetarian Baked Beans (v)
1% Milk

9

Cheese Quesadilla (v)
Apple
Cucumber Coins
1% Milk

10

Breaded Chicken Sandwich
Applesauce
Charro Beans
1% Milk

11

Combo Sub Sandwich
Apple
Baby Carrots
1% Milk

12

Beefy Macaroni
Apple
Tater Tots (v)
1% Milk

13

Cheese Pizza (v)
Applesauce
Mixed Vegetables (v)
1% Milk

16

Chicken Nuggets
Apple
Herb Roasted Carrots (v)
1% Milk

17

Cheeseburger
Diced Pears
Mexican Black Beans (v)
1% Milk

18

Cheese Pizza (v)
Diced Peaches
Green Beans (v)
1% Milk

19

Beef Tacos
Orange
Mixed Vegetables (v)
1% Milk

20

Turkey Ham and Cheese Sandwich
Mandarin Oranges
Baby Carrots
1% Milk

23

24

25

26

27

30

Pasta Chicken Alfredo
Apple
Cucumber Coins
1% Milk

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.

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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 ½ 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.

Menu Items Subject to Change at Any Time



Nutrition Information is available upon request.

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BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| Cereal (v) Graham Crackers (v) Apple 1% Milk | Cereal Bar (v) Apple Juice 1% Milk | Strawberry Breakfast Bar (v) Apple 1% Milk | Breakfast Pizza Apple Juice 1% Milk | Cereal (v) Graham Crackers (v) Apple Juice 1% Milk |
| Cereal (v) Apple Juice Orange 1% Milk | Strawberry Breakfast Bar (v) Banana 1% Milk | Chicken on a Biscuit Apple 1% Milk | Blueberry Muffin (v) Apple Juice 1% Milk | Breakfast Wrap Apple 1% Milk |
| Cereal (v) Apple Juice 1% Milk | Cherry Frudel Stick (v) Apple 1% Milk | Cereal (v) Graham Crackers (v) Apple Juice 1% Milk | Cereal (v) Graham Crackers (v) Apple 1% Milk | Mini Blueberry Pan- cakes (v) Apple Juice 1% Milk |
| | | | | |
| Cereal (v) Apple 1% Milk | | | | |

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10% post-consumer



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