

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Fish Bites
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Brown Rice
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

4
Chicken Nuggets w/Roll
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Sweet Corn
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

5
Shepherds Pie w/ Dinner Roll
Ham and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh
Assorted Milk

6
Cheeseburger on a Bun
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Baby Carrots
Kale Salad w/Lemon,
Cauliflower Florets, Cherry Tomatoes,
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

7
Cheese Pizza
Buffalo Chicken Wrap
Sunbutter and Jelly Sandwich
Cob Salad w/Bread Stick
Kale Salad w/Lemon,
Cauliflower Florets
Tuscan Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

Calories: 645 Kcals Sodium: 886 mg Sat Fat: 6.8%

10
Oven Baked Pasta w/ Dinner Roll
Chicken Salad Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh
Assorted Milk

11
Chicken Patty on a Bun
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Sweet Corn
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

12
Beef Burrito w/ Cheese
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

13
Hot dog on a Bun
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Oven Baked Vegetarian Beans
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

14
Pepperoni Pizza
Tuna Salad on a Bun
Sunbutter and Jelly Sandwich
Chef Salad w/Bread Stick
Mixed Salad Greens,
Carrot Sticks, Celery Sticks,
Oven Roasted Chick Peas,
Chilled Fruit and Fresh Fruit
Assorted Milk

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Sat Fat: 6.8%

17
Fish and Chips w/ Dinner Roll
Bologna and Cheese Sandwich
Sunbutter and Jelly Sandwich
Fun on the Run
Spinach Salad Blend,
Tri Color Peppers, Cherry Tomatoes,
Broccoli and Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

18
Popcorn Chicken w/Rice
Salami and Cheese Sandwich
Sunbutter and Jelly Sandwich
Fun on the Run
Spinach Salad Blend,
Tri Color Peppers, Cherry Tomatoes,
Broccoli and Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

19
American Chop Suey w/Dinner Roll
Italian Sub
Sunbutter and Jelly Sandwich
Fun on the Run
Spinach Salad Blend,
Tri Color Peppers, Cherry Tomatoes,
Broccoli and Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

20
Corn Dog Nuggets
Turkey and Cheese Sandwich
Sunbutter and Jelly Sandwich
Fun on the Run
Peas
Spinach Salad Blend,
Tri Color Peppers, Cherry Tomatoes,
Broccoli and Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

21
Cheese Pizza
Chicken Caesar Wrap
Sunbutter and Jelly Sandwich
Fun on the Run
Spinach Salad Blend,
Tri Color Peppers, Cherry Tomatoes,
Broccoli and Bean Salad,
Chilled Fruit and Fresh Fruit
Assorted Milk

Calories: 649 Kcals Sodium: 842 mg
Sat Fat: 5.1%

24
No School Winter Break



28
No School Winter Break

31
No School Winter Break



No School Winter Break



Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) **Aerobic Activity** – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) **Muscle Strengthening** – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) **Bone Strengthening** – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



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
3 Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	4 Shri Bar Fresh Fruit Dried Fruit Assorted Milk	5 Sausage & Egg Slider Bagged Craisins and 2 Graham Crackers 100% Fruit Juice Dried Fruit Assorted Milk	6 Blueberry Muffin w/ 100% fruit Juice Fresh Fruit Assorted Milk	7 Reduced Sugar Coco Puffs Fresh Fruit Dried Fruit Assorted Milk
10 Strawberry Oat Bar w/ Graham Crackers Fresh Fruit Dried Fruit Assorted Milk	11 Flavored Yogurt With Goldfish Graham Fresh Fruit Dried Fruit Assorted Milk	12 Cherry or Apple Frudel Bagged Dried Fruit and Graham Crackers 100% Fruit Juice Dried Fruit Assorted Milk	13 Corn Muffin w/ 100 % Fruit Juice Dried Fruit Assorted Milk	14 Reduced Sugar Cinnamon Toast Crunch Fresh Fruit Dried Fruit Assorted Milk
17 Cheerio Cereal Bar with Graham Cracker Dried Fruit 100% Fruit Juice Assorted Milk	18 Pancakes Bagged Dried Fruit and Graham Cracker Fresh Fruit Assorted Milk	19 Cheese Omelet Fresh Fruit Dried Fruit Assorted Milk	20 Chocolate Chip Muffin w/ 100% Fruit Juice Dried Fruit Assorted Milk	21 Reduced Sugar Apple Jacks Fresh Fruit Dried Fruit Assorted Milk
No School Winter Break	No School Winter Break	No School Winter Break	No School Winter Break	No School Winter Break
No School Winter Break	No School Winter Break	No School Winter Break		

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.

December's Harvest of the month is Potatoes!

The word potato comes from the Spanish word patata.

A medium-sized potato has no fat, no cholesterol and contains only 110 calories!

Good Source of Fiber - The 3g of fiber in one medium-sized potato is 8% of the recommended daily value. Consuming adequate amounts of fiber makes you feel fuller, helping to reduce snacking between meals.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Bollitas De Pescado
Sandwich De Bologna Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Arroz Integral
Ensalada De Col Rizada Con Limon
Coliflor Tomato
Ensalada De Frijol Toscano
Fruta En Conserva Fruta Fresca
Leche' Surtida

4
Bollitas De Pollo
Sandwich De Salami Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Maiz Dulce
Ensalada De Col Rizada Con Limone
Coliflor Tomato
Ensalada De Frijoles Toscano
Fruta En Conserva Fruta Fresca
Leche Surtida

5
Carne Pure De Papa Maiz Con Pan
Sandwich De Jamon Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Arroz Con Cilantro Y Lima
Ensalada De Col Rizada Con Limone
Coliflor Tomato
Ensalada De Frijoles Toscano
Fruta En Conserva Fruta Fresca
Leche' Surtida

6
Hamburguesa Con Queso Con Pan
Sandwich De Pavo Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Zanahorias
Ensalada De Col Rizada Con Limone
Coliflor Tomato
Ensalada De Frijoles Toscano
Fruta En Conserva Fruta Fresca
Leche' Surtida

7
Pizza Con Queso
Envuelto De Pollo Bufalo
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Ensalada De Col Rizada Con Limone
Coliflor Tomato
Ensalada De Frijoles Toscano
Fruta En Conserva Fruta Fresca
Leche' Surtida

Calories: 645 Kcals Sodium: 886mg Sat Fat: 6.8%

10
Macarrones Con Mozzarella Al Horno
Con Pan
Sandwich De Ensalada De Pollo
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Ensalada, Zanahorias, Apio
Garbanzo Al Horno
Fruta En Conserva Fruta Fresca
Leche' Surtida

11
Rebanada De Pollo Con Pan
Sandwich De Bologna Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Maiz Dulce
Ensalada, Zanahorias, Apio
Garbanzo Al Horno
Fruta En Conserva Fruta Fresca
Leche' Surtida

12
Burrito De Carne Con Queso
Sandwich De Salami Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Ensalada, Zanahorias, Apio
Garbanzo Al Horno
Fruta En Conserva Fruta Fresca
Leche' Surtida

13
Hot Dog Con Pan
Sandwich De Pavo Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Frijoles Vegetarianos Al Horno
Ensalada, Zanahorias, Apio
Garbanzo Al Horno
Fruta En Conserva Fruta Fresca
Leche' Surtida

14
Pizza Con Queso Pepperoni
Sandwich De Atun
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Ensalada, Zanahorias, Apio
Garbanzo Al Horno
Fruta En Conserva Fruta Fresca
Leche' Surtida

Calories: 639 Kcals Sodium: 991 mg Sat Fat: 6.8%

17
Pescado Con Pan
Sandwich De Bologna Y Queso
Sandwich De Mantequilla Mermelada
Ensalada Especial Con Pan
Diversión En La Carrera
Espinaca, Ensalada, Pimienta Tomate
Ensalada De Frijol Brocoli
Fruta En Conserva Fruta Fresca
Leche' Surtida

18
Bollitas De Pollo Con Arroz
Sandwich De Salami Y Queso
Sandwich De Mantequilla Mermelada
Diversión En La Carrera
Espinaca, Ensalada, Pimienta, Tomate
Ensalada De Frijol Brocoli
Fruta En Conserva Fruta Fresca
Leche' Surtida

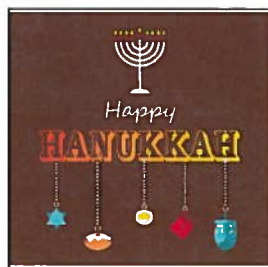
19
Pasta Con Carne Con Pan
Sandwich Italiano
Sandwich De Mantequilla Mermelada
Diversión En La Carrera
Espinaca, Ensalada, Pimienta Tomate
Ensalada De Frijol Brocoli
Fruta En Conserva Fruta Fresca
Leche' Surtida

20
Bollitas De Hot Dog De Maiz
Sandwich De Pavo y Queso
Sandwich De Mantequilla Mermelada
Diversión De La Carrera
Espinaca, Ensalada, Pimienta Tomate
Ensalada De Frijol Brocoli
Fruta En Conserva Fruta Fresca
Leche' Surtida

21
Pizza Con Queso
Envoltura De Pollo Cesar
Sandwich De Mantequilla Mermelada
Diversión En La Carrera
Espinaca, Ensalada, Pimienta Tomate
Ensalada De Frijol Brocoli
Fruta En Conserva Fruta Fresca
Leche' Surtida

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24
No Hay Clases

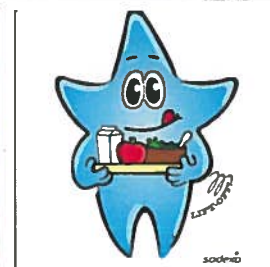


28
No Hay Clases

31
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Barra De Cereal Galleta Fruta Seca Jugo Leche' Surtida	4 Barra De Shri Fruta Fresca Fruta Seca Leche' Variada	5 Control Deslizante De Salchicha Y Huevo Bolsade De Craisins Con 2 Galleta Jugo Fruta Seca	6 Muffin De Arandanos Jugo Fruta Fresca Leche' Surtida	7 Puffs De Coco Con Azucar Reducido Fruta Fresca Fruta Seca Leche' Surtida
10 Barra De Avena Fresca Galleta Fruta Fresca Fruta Seca Leche' Surtida	11 Saborear Yogur Con Galleta Dorada Fruta Fresca Fruta Seca Leche' Surtida	12 Frudel De Cereza O Manzana Bolsade DeFruta Seca Galleta Jugo Leche' Surtida	13 Muffin De Maiz Jugo Fruta Seca Leche' Surtida	14 Reduccion De Azucar Crujiente De Canela Tostada Fruta Fresca Fruta Seca Leche' Surtida
17 Barra De Cereal Cherio Con Galleta Fruta Seca Jugo Leche' Surtida	18 Panqueques Bolsade De Fruta Seca Y Galleta Fruta Fresca Leche' Surtida	19 Huevo Y Queso Fruta Fresca Fruta Seca Leche' Surtida	20 Muffin De Chocolate Jugo Fruta Seca Leche' Surtida	21 Cereal DeManzana Con Bajo Contenido De Azucar Fruta Fresca Fruta Seca Leche' Surtida
24 No Hay Clases	25 No Hay Clases	26 No Hay Clases	27 No Hay Clases	28 NO Hay Clases
31 No Hay Clases	No Hay Clases	No Hay Clases		

Fresh Pick Recipe

LEMONY SMASHED POTATOES

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- 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.

Cosecha de Diciembre del mes es papas.

La palabra papa viene de la palabra espanola patata.

Una papa mediana no tiene grasa ni colesterol y contiene solo 110 calorías.

