

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



BREAKFAST INCLUDES:
CHOICE OF DAILY ENTREE
LISTED OR CEREAL W/TOAST
A VARIETY OF FRUITS AND MILK



1
Breakfast:
Yogurt w/Graham Crackers
Lunch:
Grilled Cheese w/Chicken Noodle Soup
Cheeseburger/Hamburger
Crispy Chicken Salad w/WWW Roll
PBJ Sandwich
Includes Fruits, Vegetables & Milk

4
Breakfast:
WG Pancake w/Fruit Compote
Lunch:
Spicy Chicken & Cheese Nachos
Crispy Chicken Burger on a Bun
Turkey & Cheese Sandwich
Fresh Spinach and Fruit Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

5
Breakfast:
Warm Cherry Pocket
Lunch:
Whole Grain Corn Dog
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Crispy Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

6
Breakfast:
Mini Cinnamon Rolls
Lunch:
Handrolled Salsa Verde Burrito
Crispy Chicken Bites w/WWW Roll
SW Taco Salad w/Chips
Crunchy Chicken Wrap
Includes Fruits, Vegetables & Milk

7
Breakfast:
Fruit & Yogurt Parfait
Lunch:
BBQ Pork on a WG Bun
Baked Taco or Cheese Pizza
Ham & Cheese Sub Sandwich
Crispy Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

8
Breakfast:
Cinnamon Breakfast Round
Lunch:
Spicy Chicken Tacos
Hamburger/Cheeseburger
PBJ Sandwich
Chicken Caesar Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

11
Breakfast:
Pancake on a Stick
Lunch:
Melted Cheese & BBQ Chicken Flatbread
Crispy Chicken Burger on a Bun
Turkey & Cheese Sandwich
Chicken Caesar Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

12
Breakfast:
Warm Apple Pocket
Lunch:
Southern Chicken & Waffles
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Crispy Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

13
Breakfast:
Mini Cinnamon Rolls
Lunch:
Cheesy Breadsticks w/Marinara
Chicken Bites w/WWW Roll
Crunchy Chicken Wrap
SW Taco Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

14
Breakfast:
Blueberry Bagel w/Cream Cheese
Lunch:
Pippin' Hot BBQ Chicken Sub
Baked Sausage or Cheese Pizza
Chunky Chicken Salad Sub
Crispy Chicken Salad w/WWW Roll
Includes Fruits, Vegetables & Milk

15
Breakfast:
Scrambled Eggs w/Toast
Lunch:
Alaskan Fish & Chips
Cheeseburger/Hamburger
PBJ Sandwich
Spinach & Fruit Salad w/WWW Roll
Includes Fruits, Vegetables & Milk
Holiday Dessert

18
Winter Vacation
No School

19
Winter Vacation
No School

20
Winter Vacation
No School

21
Winter Vacation
No School

22
Wishing you a Wonderful
Holiday Season



26
Winter Vacation
No School

27
Winter Vacation
No School

28
Winter Vacation
No School

29
Winter Vacation
No School

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.



Solara 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

How Do I Know If A Child Is Exercising Hard Enough?

Some people exercise every day but wonder why they are not achieving their desired goals. Too often it's because they are not working out at the right intensity level or not exerting enough effort. For most people, aerobic activity should be performed at a moderate-intensity to achieve improved fitness. To help better gauge your child's level of intensity, consider these guidelines from the Center For Disease Control (CDC):

1. As a rule of thumb, on a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6. When your son does moderate-intensity activity, his heart will beat faster than normal and he will breathe harder than normal. Vigorous-intensity activity is a level 7 or 8. When your son does vigorous-intensity activity, his heart will beat much faster than normal and he will breathe much harder than normal.
2. Another way to judge intensity is to think about the activity your child is doing and compare it to the average child. What amount of intensity would the average child use? For example, when your daughter walks to school with friends each morning, she's probably doing moderate-intensity aerobic activity. But while she is at school, when she runs, or chases others playing tag during recess, she's probably doing vigorous-intensity activity.

Source: www.cdc.gov/physicalactivity/everyone/guidelines/children.

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 \$1.30 MIDDLE SCHOOL \$1.55
HIGH SCHOOL \$1.55
LUNCH: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.40 MIDDLE SCHOOL \$2.90
HIGH SCHOOL \$3.05

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