

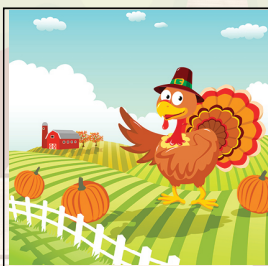
### MONDAY

Breakfast Prices:  
Full Paid: \$1.75  
Reduced: \$.40  
Lunch Prices:  
Full Paid: \$2.85  
Reduced: \$.40  
Milk: \$.50

### TUESDAY



### WEDNESDAY



### THURSDAY

1  
Nachos Supreme w/ Meat, Cheese & Salsa  
Turkey & Cheese Sub  
Garden Salad w/ Cheese & Roll  
Yogurt Bag  
Crazy Cheese Cube Bento Box  
Vegetarian Refried Beans

### FRIDAY

2  
Cheese Pizza  
Turkey & Cheese Sub  
Garden Salad with Cheese & Roll  
Yogurt Bag  
Crazy Cheese Cube Bento Box  
Cucumber Coins

5

Cheesy Stuffed Breadsticks  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel bag  
Honey Glazed Carrots

6

Roasted Chicken in Basket  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Waffles Fries

7

Cheese Pizza Slice  
Ham & Cheese Sub  
Turkey Club Salad with Roll  
Bagel Bag  
Steamed Broccoli

8

School Closed  
Teachers Convention

9

School Closed  
Teachers Convention

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

12

**Breakfast for Lunch**  
French Toast Sticks  
Tuna Salad Sub  
Chef Salad  
Cheese & Pretzel Goldfish Boat  
Crinkle Cut Sweet Potato Fries

13

Chicken Nuggets with Dinner Roll  
Tuna Salad Sub  
Chef Salad  
Cheese & Pretzel Goldfish Boat  
Smile Fries

14

Chicken Patty Sandwich  
Tuna Salad Sub  
Chef Salad  
Cheese & Pretzel Goldfish Boat  
Broccoli Dippers

15

Hot Turkey Feast  
Tuna Salad Sub  
Chef Salad  
Cheese & Pretzel Goldfish Boat  
Homestyle Mashed Potatoes

16

Big Daddy's Pizza  
Tuna Salad Sub  
Chef Salad  
Cheese & Pretzel Goldfish Boat  
Cucumber Coins

Peanut Butter & Jelly available

19

Hamburger or Cheeseburger  
Turkey Club Sandwich  
Crispy Chicken Salad  
Cereal Bag  
Steamed Carrot Coins

20

Hot Diggity Dog  
Turkey Club Sandwich  
Crispy Chicken Salad  
Cereal Bag  
Vegetarian Baked Beans

21

Big Daddy Pizza  
Turkey Club Sandwich  
Crispy Chicken Salad  
Cereal Bag  
Mixed Greens Salad

22

SCHOOL CLOSED  
HAPPY THANKSGIVING

23

School Closed

All Menu's and Nutritionals can be found on the SO HAPPY APP

26

**Breakfast for Lunch**  
Fluffy Pancakes with Sausage  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cinnamon Sweet Potatoes

27

Chicken Tenders with Dinner Roll  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Tater Tots

28

Chicken Patty on a Bun  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Steamed Broccoli

29

Baked Chicken & Waffles  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Southwest Seasoned Beans

30

French Bread Pizza  
Italian Sub  
Grilled Chicken Salad with Roll  
Egg & Muffin Bento Box  
Cucumber Coins

Menu Subject to Change

This institution is an equal opportunity provider.

## Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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](http://liftoffsplayground.com)

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar  
All Breakfast come with Fruit and Reduced Fat Milk

**MONDAY:** Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Maple Pancakes

**WEDNESDAY:** Warm Whole Grain Mini Cini Pastry

**THURSDAY:** Assorted Breakfast Benefit Bars

**FRIDAY:** Whole Grain Muffin and Graham Crackers

## 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.



Happy November! Be sure to utilize [www.Schoolcafe.com](http://www.Schoolcafe.com) for online café payments. If you have any questions with regards to the cafeteria please contact Jacki Wagner 732-531-5630 ext. 7091 and at [jacqueline.wagner@sodexo.com](mailto:jacqueline.wagner@sodexo.com).

#### IMPORTANT:

Please remember to fill out and return your free and reduced lunch or online at [www.Schoolcafe.com](http://www.Schoolcafe.com).  
MUST BE COMPLETED ANNUALLY

Nutrition Information is available upon request.

