THE Clubhouse @ Santa Rosa County TR Jackson

DEC 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **ENTREE CHOICE** Spaghetti w/ Meat Sauce WGR Dinner Roll **CHOOSE 2 SIDES:** Steamed Broccoli Chilled Applesauce	**3** **ENTREE CHOICE** Chicken Patty Sandwich **CHOOSE 2 SIDES:** Baked Beans Pineapple Chunks	**4** **ENTREE CHOICE** Ham & Cheese Melt **CHOOSE 2 SIDES:** Steamed Green Beans Chilled Blueberries	**5** **ENTREE CHOICE** Hamburger on Bun **CHOOSE 2 SIDES:** Steamed Corn Fresh Banana	**6** **ENTREE CHOICE** Pizza Day **CHOOSE UP TO 2 SIDES:** Steamed Carrots Assorted 100% Juice
Daily Options: PBJ and Assorted Milk				
9 **ENTREE CHOICE** Chicken & Rice **CHOOSE 2 SIDES:** Steamed Green Beans Pineapple Chunks	**10** **ENTREE CHOICE** Mac & Cheese WGR Dinner Roll **CHOOSE 2 SIDES:** Steamed Broccoli Chilled Strawberries	**11** **ENTREE CHOICE** Cheeseburger on Bun **CHOOSE 2 SIDES:** Smile Fries Mixed Fruit	**12** **ENTREE CHOICE** Popcorn Chicken WGR Dinner Roll **CHOOSE 2 SIDES:** Sweet Potato Fries Fresh Banana	**13** **ENTREE CHOICE** Pizza Day **CHOOSE 2 SIDES:** Steamed Green Beans Assorted 100% Juice
Daily Options: PBJ and Assorted Milk				
16 **ENTREE CHOICE** Mini Corndogs **CHOOSE 2 SIDES:** Smiley Fries Chilled Blueberries	**17** **ENTREE CHOICE** Chicken Patty Sandwich **CHOOSE 2 SIDES:** Steamed Broccoli Mixed Fruit	**18** **ENTREE CHOICE** Chicken Nuggets WGR Dinner Roll **CHOOSE 2 SIDES:** Steamed Green Beans Chilled Strawberries	**19** **EARLY RELEASE DAY LUNCH** Ham & Cheese Sandwich Assorted 100% Juice Banana Assorted Milk *****STUDENTS MUST TAKE ALL ITEMS TO BE A REIMBURSABLE MEAL!*****	**20** **NO SCHOOL** WINTER BREAK
Daily Options: PBJ and Assorted Milk				
23 **NO SCHOOL** **WINTER BREAK**	**24** **NO SCHOOL** **WINTER BREAK**	**25** **NO SCHOOL** MERRY CHRISTMAS	**26** **NO SCHOOL** **WINTER BREAK**	**27** **NO SCHOOL** **WINTER BREAK**
Daily Options: PBJ and Assorted Milk				
30 **NO SCHOOL** **WINTER BREAK**	**31** **NO SCHOOL** **WINTER BREAK**		**MENU PRICES FOR ELEMENTARY:** **Breakfast: $1.05** **Lunch: $2.60** **Adults: $3.25**	*****MENUS SUBJECT TO CHANGE!*****
Daily Options: PBJ and Assorted Milk				

This institution is an equal opportunity provider.

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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Muffins **FRUIT CHOICES:** Chilled Applesauce	Pancakes **FRUIT CHOICES:** Pineapple Chunks	Egg Patty w/ Cheesy Grits **FRUIT CHOICES:** Chilled Blueberries	Chicken Biscuit **FRUIT CHOICES:** Mixed Fruit	Yogurt & Toast **FRUIT CHOICES:** Orange Slices
Waffles **FRUIT CHOICES:** Pineapple Chunks	Sausage Biscuit **FRUIT CHOICES:** Chilled Strawberries	Egg Patty w/ Cheesy Grits **FRUIT CHOICES:** Mixed Fruit	Pancake on Stick **FRUIT CHOICES:** Chilled Applesauce	French Toast Sticks **FRUIT CHOICES:** Pineapple Chunks
Assorted Muffins **FRUIT CHOICES:** Chilled Blueberries	Chicken & Waffles **FRUIT CHOICES:** Mixed Fruit	Egg Patty w/ Cheesy Grits **FRUIT CHOICES:** Chilled Strawberries	Pancake on a Stick **FRUIT CHOICES:** Mixed Fruit	**NO SCHOOL WINTER BREAK**
NO SCHOOL WINTER BREAK	**NO SCHOOL WINTER BREAK**	**NO SCHOOL MERRY CHRISTMAS**	**NO SCHOOL WINTER BREAK**	**NO SCHOOL WINTER BREAK**
NO SCHOOL WINTER BREAK	**NO SCHOOL WINTER BREAK**			

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD

(SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 **calories**, 2g **fat**,
81mg **sodium**, 4g **fiber**

COME JOIN US FOR CHRISTMAS FEAST LUNCH

10% post-consumer

PRINTED WITH SOY INK

Nutrition Information is available upon request.

sodexo