

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1  
ALL STUDENT MEALS  
"BREAKFAST AND LUNCH"  
ARE FREE UNTIL JUNE 30TH

2  
HOT DOG W/  
POTATO CHIPS  
OR  
TURKEY & CHEESE  
SUB

3  
HYBRID LEARNING DAY  
ITALIAN SUB

4  
PIZZA  
OR  
HAM & CHEESE SANDWICH

5  
MACARONI & CHEESE  
OR  
AMERICAN SUB

6  
MEATBALL SUB  
OR  
CHEF SALAD/ROLL

7  
CHICKEN PATTY  
OR  
TURKEY & CHEESE WRAP

8  
HYBRID DAY  
HAM & CHEESE ON SOFT ROLL

9  
CHEESEBURGER ON ROLL  
OR  
CHICKEN CAESAR SALAD/ROLL

10  
PERSONAL CHEESE PIZZA  
OR  
YOGURT MEAL W/ PRETZEL

11  
MOZZARELLA STICKS W/  
SAUCE  
OR  
TURKEY & CHEESE SANDWICH

12  
BACON CHEESEBURGER  
OR  
HAM & CHEESE SUB

13  
HYBRID DAY  
AMERICAN SUB

14  
POPCORN CHICKEN W/ROLL  
OR  
ITALIAN SUB

15  
PEPPERONI PIZZA  
OR  
PEPPI PIZZA SALAD W/ROLL

16  
FRIED DOUGH  
W/SAUCE & CHEESE  
OR  
CHEF SALAD/ROLL

17  
HOT DOG W/  
POTATO CHIPS  
OR  
AMERICAN SUB

18  
HYBRID DAY  
COMBO SUB



**MEAL REQUIREMENTS**  
Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative, Grain, Veggie, Fruit, Milk  
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



IN A WORLD WHERE YOU CAN BE ANYTHING  
**BE KIND**  
#DDBENLIND



HAPPY  
*Holidays*

## 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.



Sedeno 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

## The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their days may not sound as stressful as an adults, it's a busy schedule for people their age, so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

### 3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

### 7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

### 12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important to student wellbeing, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: WebMD Feature: "How Much Sleep Do Children Need?"

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.

