

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Breakfast:
Bagel w/Cream cheese (v)

Lunch:
Cheesy Breadsticks W/ Marinara sauce
Hamburger OR Cheeseburger
Chef Salad w/ WG Roll
Ham Sandwich

3

Breakfast:
Mini Maple Waffles (v)

Lunch:
Cheese Pizza
Bean and Cheese Burrito
Garden Salad w/ WG Rolls
Peanut Butter & Jelly Sandwich (v)

4

No School

5

Breakfast:
Breakfast Round (v)

Lunch:
Pepperoni Pizza
Quesadilla
American Sandwich
Taco Salad w/WG Roll

6

Breakfast:
Assorted Muffin

Lunch:
Beef Tacos
Corn Dog
Ham and Cheese Sandwich
Southwest Chicken Wrap

Join us to celebrate National School Lunch Week: October 9th - October 13

9

Breakfast:
French Toast Sticks (v)

Lunch:
Cheeseburger or Hamburger
Bean and Cheese Nachos(v)
Italian Sub
Chicken Salad w/ WG Roll

10

Breakfast:
Bagler(v)

Lunch:
Glazed Chicken Drumstick w/ WG Rolls
Corn Dog
Chef Salad w/ WG Rolls
Peanut butter & Jelly Sandwich (v)

11

Breakfast:
Breakfast Pizza w/ Wheat Toast

Lunch:
Chicken Nuggets w/Roll
Hot Dog
Ham & Cheese Sandwich
Blueberry Patch Parfait (v)

12

Breakfast:
Mini Waffles

Lunch:
Pepperoni Pizza
Bean and Cheese Burrito
Chicken Caesar Salad w/ WG Rolls
Turkey & Cheese Sandwich

13

No School

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

16

Breakfast:
Sausage Pancake on a Stick

Lunch:
Cheesy Lasagna Roll Up w/WG Roll(v)
Orange Chicken over Brown Rice
Turkey & Cheese Sandwich
Garden Salad w/WG Roll

17

Breakfast:
Apple Frudel (v)

Lunch:
Crispy Chicken Burger
Cheese Pizza
Ham Sandwich
Chef Salad w/ WG Rolls

18

Breakfast:
Breakfast Round (v)

Lunch:
Corn Dog
Pretzel w/Cheese (v)
Chicken Wrap
Italian Sub Sandwich

19

Breakfast:
Whole Grain Pancakes (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Chicken Quesadilla
American Sandwich
Double Berry Parfait (v)

20

Breakfast:
Assorted Muffin

Lunch:
Cheese Burger
Bean and Cheese Burrito
Chicken Salad
Peanut butter & Jelly Sandwich

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

23

Breakfast:
Mini Waffles (v)

Lunch:
Chicken Burger
Cheesy Breadsticks w/ Marinara
Garden Salad w/Roll
Ham & Cheese Sandwich

24

Breakfast:
Cinnamon Sugar Pancake Bites (v)

Lunch:
Enchiladas
Cheese Pizza (v)
Deli Sub
Ceasar Salad w/WG Roll

25

Breakfast:
Bagler

Lunch:
Corn Dog
Orange Chicken over Brown Rice
Peanut Butter & Jelly Sandwich (v)
Fiesta Salad w/ Tortilla Chips

26

Breakfast:
Blueberry Patch & Granola Parfait (v)

Lunch:
BBQ Pork Rib Sandwich
Creamy Mac & Cheese
Fresh Garden Salad w/ WG Rolls (v)
Turkey Sandwich

27

No School

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

30

Breakfast:
Pancakes(v)

Lunch:
Cheeseburger
Saucy Meatball Sub
Chef Salad w/ WG Rolls
American Sub

31

Breakfast:
Sausage Breakfast Pizza

Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Mozzerella Cheese Breadsticks
Italian Sub Sandwich
Garden Salad w/WG Roll(v)



Vegetarian items marked with (v)

How Pizza Got Its Name

Some claim there are only two true pizzas — the marinara and the margherita. These two “pure” pizzas are the ones preferred by many Italians today. The marinara is the older of the two and is topped with tomato, oregano, garlic and extra virgin olive oil. It is named “marinara” because it was traditionally the food prepared by “la marinara”, the seaman’s wife, for her seafaring husband when he returned from fishing trips in the Bay of Naples. The margherita is topped with modest amounts of tomato sauce, mozzarella cheese

and fresh basil. Tale has it that, in 1889, a baker created three different pizzas for the visit of King Umberto I and Queen Margherita of Savoy. The Queen’s favorite was a pizza evoking the colors of the Italian flag — green (basil leaves), white (mozzarella) and red (tomatoes). According to the tale, this combination was named Pizza Margherita in her honor. Although those were the most preferred, today there are many variations of pizzas.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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It’s National Pizza Month!

Today, National Pizza Month is observed each October across the U.S. and in much of Canada, too. However, based upon consumption behaviors, every month could be considered Pizza Month in the United States. People don’t really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94% of Americans eat pizza at least once a month. The figures equal the consumption of about 45 slices of pizza per person in the U.S. each year and show that Americans definitely love their pizza as evidenced by current figures, which show that they consume 100 acres of pizza per day, or 350 slices per second.

Some people question if pizza is healthy. The answer is yes and no. Depending on the type of crust, the amount of cheese and the toppings used, pizza can rank anywhere from nutritionally decent to a diet disaster. Not only do the ingredients used to make the pizza cause a significant swing in the nutritional content of pizza, but the size of the slice and the number of slices you eat count, too. In the USDA school meal program, all pizzas are required to meet very specific nutrition standards for calories, fat and sodium. School pizza includes a healthier mix of ingredients including lower sodium, lycopene-rich tomato sauce and lower fat, calcium boosting mozzarella cheese. Coupled with a side of vegetables and/or fruit, students can enjoy a well-balanced meal. If you enjoy pizza on a regular basis, try making it at home using healthier ingredients, such as part-skim mozzarella cheese and tomato sauce without added salt. Don’t forget to top it with lots of vegetables; the more colorful your pizza, the better!

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

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: \$X.XX MS: \$X.XX HS: \$X.XX

LUNCH:

PAID: \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.

