

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Chefs Choice

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

4

Breakfast:
Yogurt and Graham Cracker(v)
Lunch:
Bean and Cheese Burrito (v)
Chefs Salad
Ham Sandwich

5

Breakfast:
Mini Maple Waffles (v)
Lunch:
Chicken Burger
Sunbutter and Jelly Sandwich (v)
Garden Salad with WG Rolls

6

Breakfast:
Cereal
Lunch:
Cheesy Breadsticks
Turkey & Cheese Sandwich
Chef Salad with WG Rolls

7

Breakfast:
Assorted Muffin(v)
Lunch:
Baked Corn Dog
American Sandwich
Garden Salad (v)

8

No School

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

11

Breakfast:
Pancake Bites (v)
Lunch:
Hamburger or Cheeseburger
Italian Sub
Garden Salad

12

Breakfast:
Breakfast Round (v)
Lunch:
Taco Tuesday:
Soft Taco
Sunbutter & Jelly Sandwich (v)
Chef Salad with WG Rolls

13

Breakfast:
Frudel
Lunch:
Popcorn Chicken Potato Bowl
with WG Roll
Ham & Cheese Sandwich
Garden Salad

14

Breakfast:
Yogurt Cup
Lunch:
Spaghetti Pasta with Plant-Based
Sauce (v)
Chicken Caesar Salad with WG Rolls
Turkey & Cheese Sandwich

15

Chefs Choice

18

Breakfast:
Waffles
Lunch:
Cheese Breadsticks (v)
Turkey & Cheese Sandwich
Chef Salad

19

Breakfast:
Cherry Frudel (v)
Lunch:
Cheese Pizza
Chef Salad with WG Rolls
Ham Sandwich

20

Breakfast:
Cereal (v)
Lunch:
Pulled Pork and Cheese Nachos
Garden Salad
Italian Sub

21

Breakfast:
Bagels (v)
Lunch:
Chicken Nuggets with WG Roll
American Sandwich
Garden Salad

22

Chefs Choice

25

Breakfast:
Assorted Muffin (v)
Lunch:
Sloppy Joes Sandwich
Ham & Cheese Sandwich
Garden Salad

26

Breakfast:
Pancake Bites with Cinnamon &
Sugar (v)
Lunch:
Hamburger or Cheeseburger
Chef Salad
Deli Sub

27

Breakfast:
Breakfast Round
Lunch:
Baked Corn Dog
Sunbutter & Jelly Sandwich (v)
Chef Salad with WG Rolls

28

Breakfast:
Apple Frudel (v)
Lunch:
Cheese Pizza (v)
Ham Sandwich
Garden Salad with WG Roll (v)

29

Chefs Choice

(v) = meatless option

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.

liftoffsplayground.com

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

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00
LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00

All meals for the 2021-2022 school year are FREE for all students!

Nutrition Information is available upon request.