

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2

ALL MEALS ARE PRE PACKAGED
GRAB & GO
FOR SAFETY!

5

6

7

8

9

BAG PICKUP

BAG PICKUP

BAG PICKUP

BAG PICKUP

BAG PICKUP

12

13

14

15

16

Columbus Day
SCHOOL CLOSED

POPCORN CHICKEN
BUTTERED CORN
DICED PEACHES
CHOCOLATE MILK

COLD OPTION
PB&JELLY

CORN DOG
BAKED BEANS
APPLESAUCE
CHOCOLATE MILK

COLD OPTION
TURKEY, HAM & CHEESE

PEPPERONI & CHEESE MELT
GREEN BEANS
DICED PEARS
CHOCOLATE MILK

COLD OPTION
ITALIAN COMBO

GALAXY PIZZA
CARROTS
MIXED FRUIT CUP
CHOCOLATE MILK

COLD OPTION
PB&JELLY

19

20

21

22

23

CHICKEN PATTY WG/KAISER
SMILE FRIES
APPLESAUCE
CHOCOLATE MILK

COLD OPTION
TURKEY, HAM & CHEESE

HAM & CHEESE HOAGIE
CUCMBER TOMATO SALAD
ORANGE
CHOCOLATE MILK

2ND OPTION
PB & JELLY

BEEF&CHEESE BURRITO
FIESTA CORN
PEACHES
CHOCOLATE MILK

COLD OPTION
ITALIAN COMBO

CHICKEN TENDERS
TATER TOTS
CINNAMON APPLES
CHOCOLATE MILK

COLD OPTION
TURKEY & CHEESE WRAP

GALAXY PIZZA
GREEN BEANS
MIXED FRUIT
CHOCOLATE MILK

COLD OPTION
PB& JELLY

26

27

28

29

30

BONELESS WINGS
MASHED POTATOES
PEACHES
CHOCOLATE MILK

COLD OPTION
ITALIAN COMBO

HAM & CHEESE MELT
PRETZEL BUN
CARROTS
APPLE SLICES
CHOCOLATE MILK

COLD OPTION
TURKEY, HAM, CHEESE

CHICKEN SALAD WRAP
TATER TOTS
APPLE SAUCE
CHOCOLATE MILK

2 ND OPTION
PB& JELLY

CHEESE QUESADILLA
SOUR CREAM
FIESTA CORN
PEARS
CHOCOLATE MILK

COLD OPTION
TURKEY & CHEESE WRAP

GALAXY PIZZA
GREEN BEANS
MIXED FRUIT
CHOCOLATE MILK

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!

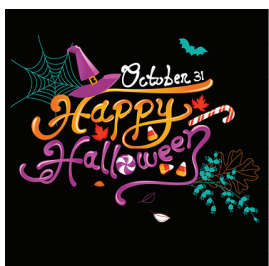
Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Gamish with parsley and serve.



10% post-consumer



Nutrition Information is available upon request.



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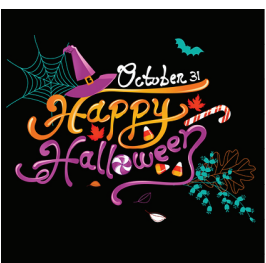
www.liftoffsplayground.com

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BREAKFAST MENU

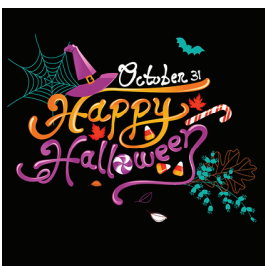
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Columbus Day SCHOOL CLOSED	CEREAL FRUIT JUICE WHITE MILK	CEREAL FRESH FRUIT WHITE MILK	CEREAL FRESH FRUIT WHITE MILK	CEREAL FRESH FRUIT WHITE MILK
POP TARTS FRUIT JUICE WHITE MILK	MUFFINS FRUIT JUICE WHITE MILK	MINI CHOCOLATE DOUGHNUTS FRESH FRUIT WHITE MILK	CEREAL PEACHES WHITE MILK	BREAKFAST TACO FRUIT JUICE WHITE MILK
MUFFINS FRESH FRUIT WHITE MILK	STRAWBERRY BAGEL FRUIT JUICE WHITE MILK	CEREAL PEARS WHITE MILK	POWDER DOUGH- NUTS FRUIT JUICE WHITE MILK	BREAKFAST WRAP FRUIT JUICE WHITE MILK

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