

MONDAY

29

Chicken Patty on a Bun
Cheese Omelet on Bagel

Sweet Potato Fries
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

TUESDAY

30

Beef Taco Totcho w/ Dinner Roll
Chicken Fajitas Taco

Seasoned Black Beans
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

WEDNESDAY

1

Spaghetti W/ Meatballs
Golden Grilled Cheese

Italian Green Beans
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

THURSDAY

2

Cheeseburger on Bun
Cuban Turkey Sandwich

Crispy Fries
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

FRIDAY

3

Cheese or Pepperoni
French Bread Pizza

Broccoli Florets w/ Dip
Chef Salad w/ Dinner Roll
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

6

Corn Dog
Alfredo Mac

Steamed Broccoli
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

7

Chicken Nuggets w/ Dinner Roll
Bean & Cheese Enchiladas

Tator Tots
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

8

Baked Ziti w/ Dinner Roll

LTO
Spicy Turkey Sub

Steamed Green Beans
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar/ Fresh or Chilled Fruit Cup

9

Sweet & Sour Chicken w/ Rice
Turkey Carnitas Tacos

Crispy Fries
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

10

Pizza Dunks
w/ Marinara Sauce

Carrot Coins
Chicken Bento Box w/ Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup



14

Macaroni & Cheese
BBQ Diced Chicken Sandwich

Buttered Corn
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

15

Turkey Sausage & Pancakes
Grilled Ham & Cheese on Bun

Crispy Fries
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

16

Bacon Cheeseburger
Golden Grilled Cheese

Broccoli w/ Dip
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

17

Cheese or Pepperoni
Pizza

Citrus Carrots
Chicken Caesar Salad
Banana Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

20

Corn Dog
Chicken Quesadilla

Sweet Potato Fries
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

21

Beef Nachos
Bean & Cheese Nachos

Spanish Rice/ Pinto Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

22

Breaded Mozzarella Sticks w/
Marinara Sauce
LTO
Pumpkin Penne Alfredo
Steamed Green Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

23

General TSO Popcorn Chicken
Brazilian Chicken Sandwich

Steamed Rice & Carrot Coins
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

24

Cheese or Pepperoni
French Bread Pizza

Broccoli Florets w/ Ranch

Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

27

Chicken Tender & Waffles
Egg & Cheese Sandwich

Smiley Fries
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

28

Beef Tacos w/ All the Fixings
Mediterranean Chicken Gyro

Golden Corn
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

29

Chicken Patty on a Bun
Baked Ziti

Parmesan Green Beans
Garden Vegetables w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

30

Popcorn Chicken Bowl w/ Biscuit &
Gravy

Crispy Fish Sticks
Mashed Potatoes
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

31

Pizza Dunks
W/ Marinara Sauce

Carrot Coins
Garden Vegetable w/ Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Sald Bar
Fresh or Chilled Fruit Cup

School Closed

Fall Break

School Closed

Fall Break

School Closed

Fall Break

School Closed

Fall Break

School Closed

Fall Break

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.

BREAKFAST

Available Daily:

Assorted Cereal with Graham Cracker, WG Donut
Warm Bagel & Cream Cheese, Assorted WG Pop Tart
Assorted Cereal Bar, Assorted Muffins
Mozzarella Cheese Stick, Double Berry Parfait
Chilled Canned Fruit, Fresh Fruit
Assorted 100% Fruit Juice
1% white Milk & Skim Milk

MONDAY: October 6th, 20th, & 27th

Breakfast Pizza

TUESDAY: October 7th, 14th, 21st, 28th

Mini Pancake

WEDNESDAY: October 1st, 8th, 15th, 22nd, 29th

French Toast Sticks w/ Syrup

THURSDAY: October 2nd, 9th, 16th, 23rd, 30th

Sausage, Egg & Cheese on a Bun

FRIDAY: October 3rd, 10th, 17th, 24th, 31st

Wild Blueberry Waffle

Fresh Pick Recipe

MUSHROOMS AND SNAP PEAS
(SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
138 calories, 4g fat,
161mg sodium, 7g fiber

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available.



Free Meals for All Students!
Breakfast & Lunch - FREE
Available daily in the cafeteria and the classrooms

All students are welcome - come and enjoy!



Nutrition Information is available upon request.