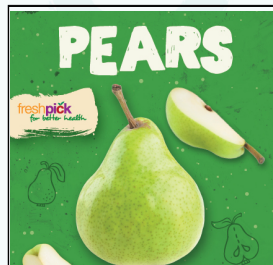


MONDAY

All Lunches served
with choice of milk:
1%, Fat Free, Fat Free Chocolate.

TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

8
Corn Dog

Chicken Quesadilla

Sweet Potato Fries
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or chilled Fruit Cup

9
Beef Nachos

Bean & Cheese Nachos

Spanish Rice / Pinto Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or chilled Fruit Cup

10
Breaded Mozzarella Sticks w/ Marinara Sauce

Katsu Chicken Sandwich

Steamed Green Beans
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or chilled Fruit Cup

11
General TSO Popcorn Chicken

Brazilian Chicken Sandwich

Steamed Rice & Carrot Coins
Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or chilled Fruit Cup

12
Cheese or Pepperoni
Fresh Bread Pizza

Broccoli Florets w/ Ranch

Deli Bento Box
Bagel Fun Lunch
Turkey Ham & Cheese on a Roll
Salad Bar
Fresh or chilled Fruit Cup

15
Chicken Tender & Waffles

Egg and Cheese Sandwich

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

16
Beef Tacos with all the fixings

Mediterranean Chicken Gyro

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

17
Chicken Patty on a Bun

Baked Ziti

Parmesan Green Beans
Garden Vegetable with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

18
Popcorn Chicken Bowl w/ Biscuit & Gravy

Crispy Fish Sticks

Mashed Potatoes
Garden Vegetable with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar

19
Cheese or Pepperoni
Pizza

Carrot Coins
Garden Vegetable with Cheese
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad
Fresh or Chilled Fruit Cup

22
Crispy French Toast Sticks
Turkey Sausage

Meatball Sub

Candied Sweet Potatoes
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub / Salad Bar
Fresh or Chilled Fruit Cup

23
Macaroni & Cheese

BBQ Diced Chicken Sandwich

Crispy Fries
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

24
Hot Dog on a Bun

LTO
Chicken Biryani

Broccoli Florets
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub
Salad Bar / Fresh or Chilled Fruit Cup

25
Lo Mein Orange Chicken

Teriyaki Meatball Noodle Bowl

Stir Fry Vegetables
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

26
Cheese or Pepperoni
French Bread Pizza

Sweet Peas
EZ Pizza Bento Box
Chocolate Muffin Fun Lunch
Italian Sub
Salad Bar
Fresh or Chilled Fruit Cup

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

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

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

2
Cheeseburger on a 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

3
Cheese or Pepperoni
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 with 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 with Goldfish
Cereal Fun Lunch
Turkey & Cheese Sandwich
Salad Bar
Fresh or Chilled Fruit Cup

8
Baked Ziti w/ Dinner Roll

LTO
Cherry Pepper Chicken Sandwich

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

10
Cheese & Pepperoni
Fresh Bread Pizza

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

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: September 8-15-22-29 & October 6

Breakfast Pizza

TUESDAY: September 9-16-23-30 & October 7

Mini Pancake

WEDNESDAY: September 10-17-24- & October 1-8

French Toast Sticks w/ Syrup

THURSDAY: September 4-11-18-25 & October 2-9

Sausage, Egg & Cheese on a Bun

FRIDAY: September 5-12-19-26 & October 3-10

Wild Blueberry Waffle

Fresh Pick Recipe

PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.

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.