

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

29

Chicken Patty on a Bun  
Sweet Potato Fries  
Applesauce  
Milk

30

Beef Taco Totcho  
W/ Dinner Roll  
Tator Tots  
Salsa  
Sweet Pears  
Milk

1

Spaghetti W/ Meatballs  
Italian Green Beans  
Banana  
Milk

2

Cheeseburger on a Bun  
Broccoli  
Garden Salad  
Fresh Apple  
Milk

3

French Bread Pizza  
3 Bean salad  
Garden Salad  
Orange Smiles  
Milk

6

Alfredo Mac  
Dinner Roll  
Steamed Broccoli  
Sweet Applesauce  
Milk

7

Turkey & Cheese on a Bun  
3 Bean Salad  
Garden Salad  
Sweet Peaches  
Milk

8

Grilled Ham & Cheese  
Steamed Green Beans  
Banana  
Milk

9

Chicken Nuggets  
Dinner Roll  
Crispy Fries  
Fresh Apple  
Milk

10

Pizza Dunkers  
w/ Marinara Sauce  
Baby Carrots  
Garden Salad  
Sweet Pears  
Milk



14

Macaroni & Cheese  
Dinner Roll  
Green Beans  
Diced Peaches  
Milk

15

Pancakes & Turkey Sausage Links  
Tator Tots  
Banana  
Milk

16

Bacon Cheeseburger on a Bun  
Crispy Fries  
Fresh Apple  
Milk

17

Cheese Pizza  
3 Bean Salad  
Garden Salad  
Orange Smiles  
Milk

20

Chicken Quesadilla  
Sweet Potato Fries  
Apple Slices  
Milk

21

Beef & Cheese Burrito  
Golden Corn  
Sweet Pineapple Tidbits  
Milk

22

Chicken Patty on a Bun  
Green Beans  
Banana  
Milk

23

Ham & Cheese Sandwich  
3 Bean Salad  
Garden Salad  
Orange Smiles  
Milk

24

French Bread Pizza  
Fresh Broccoli  
Garden Salad  
Banana  
Milk

27

Chicken Tender & Waffles  
Smiley Fries  
Sweet Applesauce  
Milk

28

Turkey & Cheese on a Bun  
Baby Carrots  
Garden Salad  
Sweet Pears  
Milk

29

Stuffed Breadstick w/  
Marinara Sauce  
Parmesan Green Beans  
Banana  
Milk

30

Popcorn Chicken Bowl w/ Biscuit  
Mashed Potatoes  
Steamed Broccoli  
Fresh Apple  
Milk

31

Pizza Dunkers  
w/ Marinara Sauce  
3 Bean Salad  
Garden Salad  
Orange Smiles  
Milk

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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/29 Cinnamon Toast Cereal Graham Crackers Orange Juice Milk	9/30 Blueberry Waffles Apple Slices Milk	10/1 Yogurt Graham Crackers Banana Milk	10/2 Bagel w/ Cream Cheese Orange Smiles Milk	10/3 Mini French Toast Apple Juice Milk
10/6 Cheerios Cereal Graham Crackers Orange Juice Milk	10/7 Apple Cinnamon Muffin Graham Crackers Apple Slices Milk	10/8 Yogurt Graham Crackers Banana Milk	10/9 Pancake Bites Orange Smiles Milk	10/10 Chocolate Chip Muffin Graham Crackers Apple Juice Milk
<b>10/13 No School: Columbus Day</b>	10/14 Banana Muffin Graham Crackers Banana Milk	10/15 Yogurt Graham Crackers Banana Milk	10/16 Bagel w/ Cream Cheese Orange Smiles Milk	10/17 Mini French Toast Apple Juice Milk
10/20 Cinnamon Toast Cereal Graham Crackers Orange Juice Milk	10/21 Blueberry Waffles Apple Slices Milk	10/22 Yogurt Graham Crackers Banana Milk	10/23 Pancake Bites Orange Smiles Milk	10/24 Chocolate Chip Muffin Graham Crackers Apple Juice Milk
10/27 Cheerios Cereal Graham Crackers Orange Juice Milk	10/28 Apple Cinnamon Muffin Graham Crackers Apple Slices Milk	10/29 Yogurt Graham Crackers Banana Milk	10/30 Bagel w/ Cream Cheese Orange Smiles Milk	10/31 Mini French Toast Apple Juice Milk
<b>11/3 School Closed: Fall Break</b>	<b>11/4 School Closed: Fall Break</b>	<b>11/5 School Closed: Fall Break</b>	<b>11/6 School Closed: Fall Break</b>	<b>11/7 School Closed: Fall Break</b>

## 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!

**nutrislice**



Nutrition Information is available upon request.