

MONDAY

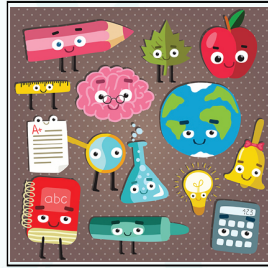
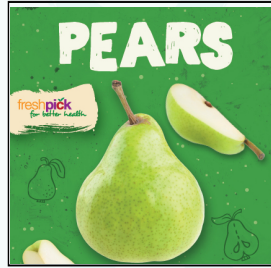
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All lunches include
a choice of milk (skim or
1%Chocolate)
Menu Subject to Change



Cheeseburger on a Bun
Crispy Fries
Fresh Apple
Milk

Cheese Pizza
Baby Carrot
Orange Smiles
Milk

8

9

10

11

12

Chicken Quesadilla
Sweet Potato Fries
Apple Slices
Milk

Beef & Cheese Burrito
Spanish Rice
Sweet Pineapple Tidbits
Milk

Chicken Patty on a Bun
Green Beans
Banana
Milk

Ham & Cheese Sandwich
Baby Carrot
Orange Smiles
Milk

French Bread Pizza
Romaine Tossed Salad
Fresh Apple
Milk

15

16

17

18

19

Chicken Tender & Waffles
Smiley Fries
Sweet Applesauce
Milk

Turkey & Cheese on a Bun
Cucumber Slices
Sweet Pears
Milk

Stuffed Breadstick w/
Marinara Sauce
Parmesan Green Beans
Banana
Milk

Popcorn Chicken Bowl w/ Biscuit
Mashed Potatoes
Golden Corn
Fresh Apple
Milk

Cheese Pizza
Baby Carrot
Orange Smiles
Milk

22

23

24

25

26

Breakfast for Lunch:
Crispy French Toast Sticks
Turkey Sausage
Candies Sweet Potatoes
Applesauce
Milk

Chicken Nuggets w/ Dinner Roll
Crispy Fries
Pineapple
Milk

Golden Grilled Cheese
Tator Tots
Banana
Milk

Ham & Cheese on a Bun
Baby Carrots
Fresh Apple
Milk

French Bread Pizza
Celery Sticks
Orange Smiles
Milk

29

30

1

2

3

Chicken Patty on a Bun
Sweet Potato Fries
Apple Slices
Milk

Beef Taco Totcho
W/ Dinner Roll
Romaine Salad
Salsa
Sweet Pears
Milk

Spaghetti W/ Meatballs
Italian Green Beans
Banana
Milk

Cheeseburger on a Bun
Crispy Fries
Fresh Apple
Milk

Cheese Pizza
Baby Carrots
Orange Smiles
Milk

6

7

8

9

10

Alfredo Mac
Dinner Roll
Steamed Broccoli
Sweet Applesauce
Milk

Turkey & Cheese on a Bun
Cucumber Slices
Sweet Peaches
Milk

Grilled Ham & Cheese
Steamed Green Beans
Banana
Milk

Chicken Nuggets
Dinner Roll
Crispy Fries
Fresh Apple
Milk

French Bread Pizza
Baby Carrots
Sweet Pears
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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9/4 Assorted Cereal Graham Crackers Fresh Fruit Milk	9/5 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers 100% Apple Juice / Milk
9/8 Assorted Cereal Graham Crackers 100% Orange Juice Milk	9/9 Banana Muffin Or Assorted Cereal Graham Crackers Fresh Fruit / Milk	9/10 Mini French Toast Or Assorted Cereal Graham Crackers 100% Fruit Juice / Milk	9/11 Strawberry Yogurt Or Assorted Cereal Graham Crackers Fresh Fruit / Milk	9/12 Choc. Chip Mini Loaf Or Assorted Cereal Graham Crackers 100% Apple Juice / Milk
9/15 Assorted Cereal Graham Crackers 100% Orange Juice Milk	9/16 Blueberry Muffin Or Assorted Cereal Graham Crackers Fresh Fruit / Milk	9/17 Maple Mini Pancake Or Assorted Cereal Graham Crackers 100% Fruit Juice / Milk	9/18 Strawberry Yogurt Or Assorted Cereal Graham Crackers Fresh Fruit / Milk	9/19 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers 100% Apple Juice/ Milk
9/22 Assorted Cereal Graham Crackers 100% Orange Juice Milk	9/23 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers Fresh Fruit / Milk	9/24 Warm Apple Strudel Or Assorted Cereal Graham Crackers 100% Fruit Juice / Milk	9/25 Strawberry Yogurt Or Assorted Cereal Graham Crackers 100% Orange Juice / Milk	9/26 Chocolate Chip Oatmeal Bar Or Assorted Cereal Graham Crackers Fresh Fruit / Milk
9/29 Assorted Cereal Graham Crackers 100% Orange Juice Milk	9/30 Blueberry Muffin Or Assorted Cereal Graham Crackers Fresh Fruit / Milk	10/1 Strawberry Filled Bagel Or Assorted Cereal Graham Crackers 100% Fruit Juice / Milk	10/2 Strawberry Yogurt Or Assorted Cereal Graham Cracker 100% Orange Juice / Milk	10/3 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers Fresh Fruit / Milk
10/6 Assorted Cereal Graham Crackers 100% Orange Juice Milk	10/7 Chocolate Chip Mini Loaf Or Assorted Cereal Graham Crackers	10/8 Mini French Toast Or Assorted Cereal Graham Crackers 100% Fruit Juice / Milk	10/9 Strawberry Yogurt Or Assorted Cereal Graham Crackers 100% Orange Juice / Milk	10/10 Assorted Cereal Graham Crackers Fresh Fruit Milk

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!

nutrislice



Nutrition Information is available upon request.