

**MONDAY**

**WASH YOUR  
HANDS**

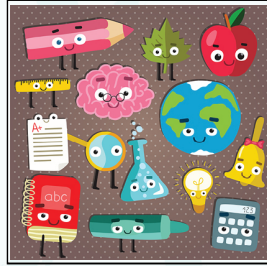


**TUESDAY**

**PEARS**



**WEDNESDAY**



**THURSDAY**

**FRIDAY**

8

Chicken Quesadilla  
Sweet Potato Fries  
Apple Slices  
Milk

9

Beef & Cheese Burrito  
Spanish Rice  
Sweet Pineapple Tidbits  
Milk

10

Chicken Patty on a Bun  
Green Beans  
Banana  
Milk

11

Ham & Cheese Sandwich  
Baby Carrot  
Orange Smiles  
Milk

12

French Bread Pizza  
Romaine Tossed Salad  
Fresh Apple  
Milk

15

Chicken Tender & Waffles  
Smiley Fries  
Sweet Applesauce  
Milk

16

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Pears  
Milk

17

Stuffed Breadstick w/  
Marinara Sauce  
Parmesan Green Beans  
Banana  
Milk

18

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

19

Cheese Pizza  
Baby Carrot  
Orange Smiles  
Milk

22

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

23

Chicken Nuggets w/ Dinner Roll  
Crispy Fries  
Pineapple  
Milk

24

Golden Grilled Cheese  
Tator Tots  
Banana  
Milk

25

Ham & Cheese on a Bun  
Baby Carrots  
Fresh Apple  
Milk

26

French Bread Pizza  
Celery Sticks  
Orange Smiles  
Milk

29

Chicken Patty on a Bun  
Sweet Potato Fries  
Apple Slices  
Milk

30

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

1

Spaghetti W/ Meatballs  
Italian Green Beans  
Banana  
Milk

2

Cheeseburger on a Bun  
Crispy Fries  
Fresh Apple  
Milk

3

Cheese Pizza  
Baby Carrots  
Orange Smiles  
Milk

6

Alfredo Mac  
Dinner Roll  
Steamed Broccoli  
Sweet Applesauce  
Milk

7

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Peaches  
Milk

8

Grilled Ham & Cheese  
Steamed Green Beans  
Banana  
Milk

9

Chicken Nuggets  
Dinner Roll  
Crispy Fries  
Fresh Apple  
Milk

10

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 Trix Cereal 100% Orange Juice Milk	9/5 Chocolate Chip Muffin 100% Apple Juice Milk
9/8 Cinnamon Toast Cereal 100% Orange Juice Milk	9/9 Banana Muffin 100% Apple Juice Milk	9/10 Mini French Toast 100% Fruit Juice Milk	9/11 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	9/12 Chocolate Chip Mini Loaf 100% Apple Juice Milk
9/15 Trix Cereal 100% Orange Juice Milk	9/16 Blueberry Muffin 100% Apple Juice Milk	9/17 Maple Mini Pancake 100% Fruit Juice Milk	9/18 Strawberry Yogurt Graham Cracker 100% Orange Juice Mil	9/19 Chocolate Chip Muffin 100% Apple Juice Milk
9/22 Cinnamon Toast Cereal 100% Orange Juice Milk	9/23 Chocolate Chip Muffin 100% Apple Juice Milk	9/24 Warm Apple Strudel 100% Fruit Juice Milk	9/25 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	9/26 Chocolate Chip Oatmeal Bar 100% Apple Juice Milk
9/29 Trix Cereal 100% Orange Juice Milk	9/30 Blueberry Muffin 100% Apple Juice Milk	10/1 Strawberry Filled Bagel 100% Fruit Juice Milk	10/2 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	10/3 Chocolate Chip Muffin 100% Apple Juice Milk
10/6 Cinnamon Toast Cereal 100% Orange Juice Milk	10/7 Chocolate Chip Mini Loaf 100% Apple Juice Milk	10/8 Mini French Toast 100% Fruit Juice Milk	10/9 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	10/10 Trix Cereal 100% Apple Juice 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.