

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

- 1.Chicken & Cheese Taquitos
  - 2.Macaroni & Cheese with Roll
  3. Yogurt & Bagel Bag
- Roasted Garbanzo Beans

4

- 1.Boneless Chicken Bites with Soft Pretzel Stick
  - 2.Cheese Quesadilla with Salsa
  - 3.Yogurt & Bagel Bag
- Seasoned Green Beans

5

Yom Kipper -Schools Closed

6

- 1.Popcorn Chicken Bowl with Dinner Roll
  - 2.Corn Dog
  3. Yogurt & Bagel Bag
- Mashed Potatoes & Corn

7

- 1.French Bread Pizza
  - 2.Chicken Fajitas
  - 3.Yogurt & Bagel Bag
- Roasted Carrot Sticks

10

- 1.Tyson Breaded Drumstick with Buttermilk Biscuit
  - 2.Cheeseburger on Bun
  - 3.Chef's Salad with Flatbread
- Steamed Broccoli

11

- 1.Twin Tacos with Meat, Cheese & Toppings
  - 2.Chicken Alfredo Mac with Garlic Breadstick
  - 3.Chef's Salad with Flatbread
- Steamed Corn

12

- 1.Hot Dog on Bun
  - 2.Chicken Nuggets with Roll
  3. Chef's Salad with Flatbread
- Homestyle Baked Beans

13

- 1.Pasta with Meat Sauce
  - 2.Chicken Patty Sandwich
  - 3.Chef's Salad with Flatbread
- Parmesan Green Beans

14

- 1.Cheese Pizza
  - 2.Grilled Cheese Sandwich
  3. Chef's Salad with Flatbread
- Sweet Potato Fries

17

- 1.Lasagna Rollup with Garlic Breadstick
  - 2.Cheese Quesadilla with Salsa
  3. Italian Sub
- Steamed Broccoli

18

- 1.Breakfast for Lunch: Pancakes with Sausage
  - 2.Ham & Cheese Pretzel Melt
  3. Italian Sub
- Smile Fries

19

- 1.Nachos Supreme with Meat & Cheese
  - 2.BBQ Chicken Sandwich
  - 3.Italian Sub
- Southwest Black Beans

20

- 1.Chicken & Waffle Stackers
  - 2.Corn Dog Nuggets
  - 3.Italian Sub
- Italian Roasted Zucchini

21

- 1.French Bread Pizza
  - 2.Beefy Mac with Warm Breadstick
  - 3.Italian Sub
- Seasoned Carrot Coins

24

- 1.Cheese Ravioli with Dinner Roll
  - 2.Hot Dog on Bun
  - 3.Turkey & Cheese Sub
- Sautéed Spinach

25

- 1.Stuffed Breadsticks with Marinara
  - 2.Bacon Cheeseburger
  3. Turkey & Cheese Sub
- Baked French Fries

26

- 1.Orange Chicken Bowl with Rice
  - 2.Pulled Turkey Sandwich
  3. Turkey & Cheese Sub
- Ginger Glazed Carrots

27

- 1.Soft Taco with Cheese and Salsa
  - 2.Chicken Parm Sandwich
  - 3.Turkey & Cheese Sub
- Roasted Chickpeas

28

- 1.Cheese Pizza
  - 2.Macaroni & Cheese with Dinner Roll
  - 3.Turkey & Cheese Sub
- Steamed Green Beans

31

- 1.Grilled Cheese Sandwich
  - 2.Meatball Parm Sub
  3. Fruit & Yogurt Parfait
- Cucumber Coins



All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)



## 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.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

## It's National Pizza Month!

Today, National Pizza Month is observed each October across the U.S. and in much of Canada, too. However, based upon consumption behaviors, every month could be considered Pizza Month in the United States. People don't really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94% of Americans eat pizza at least once a month. The figures equal the consumption of about 45 slices of pizza per person in the U.S. each year and show that Americans definitely love their pizza as evidenced by current figures, which show that they consume 100 acres of pizza per day, or 350 slices per second.

Some people question if pizza is healthy. The answer is yes and no. Depending on the type of crust, the amount of cheese and the toppings used, pizza can rank anywhere from nutritionally decent to a diet disaster. Not only do the ingredients used to make the pizza cause a significant swing in the nutritional content of pizza, but the size of the slice and the number of slices you eat count, too. In the USDA school meal program, all pizzas are required to meet very specific nutrition standards for calories, fat and sodium. School pizza includes a healthier mix of ingredients including lower sodium, lycopene-rich tomato sauce and lower fat, calcium boosting mozzarella cheese. Coupled with a side of vegetables and/or fruit, students can enjoy a well-balanced meal. If you enjoy pizza on a regular basis, try making it at home using healthier ingredients, such as part-skim mozzarella cheese and tomato sauce without added salt. Don't forget to top it with lots of vegetables; the more colorful your pizza, the better!

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

**NUTRITION FACTS:**  
277 calories, 11g fat,  
263mg sodium, 3g fiber



**BREAKFAST AND LUNCH PRICES**  
**BREAKFAST \$1.65**  
**LUNCH \$2.95**

Nutrition Information is available upon request.

